SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 28

VANCOUVER metro®
NEWS WORTH SHARING.

SPRING EVENT
AT RONA HOME & GARDEN AND GARDEN CENTRE STORES
See page 7
RONA

EDGEWATER CASINO
PLAY LIST
SEE PAGE 12 FOR DETAILS
19+

REACHING OUT TO THE BODY RUB BIZ

IN DAY 3, WE LOOK AT STRATEGIES TO COMBAT TRAFFICKING AND ONE MAN'S PREFERENCE FOR MASSEUSES OVER GIRLFRIENDS PAGES 18 & 19

Happy Easter!

Metro will not be publishing on Good Friday. See you Monday!

Good eggs, bad eggs of Easter weekend films

Watch a clip from the Lego Movie, one of the Reel Guys' top picks for kids this Easter PAGE 23

'Best finance minister in the world'

Harper delivers eulogy at Jim Flaherty's funeral PAGE 10

Hundreds left missing after ferry sinking

Use Metro AR to watch South Korean rescuers fight against the strong current and poor visibility PAGE 15

Klaatu barada ... uh ... expo?

Bruce Campbell, B-movie hero famous for his role in The Evil Dead, appearing at Fan Expo this weekend PAGE 7

Save the trees — it's the law

Council votes to ban the chopping of mature trees on private property PAGE 8

EA SPORTS — HE'S IN THE GAME

Whitecaps captain Jay DeMerit gets photographed at EA Sports in Burnaby on Wednesday. The Whitecaps were at the game studio to get their faces scanned for an upcoming soccer video game. The Whitecaps take on the LA Galaxy on Saturday at BC Place Stadium. Story, page 45. JENNIFER GAUTHIER/METRO

Worst case expected for homelessness

Number may nearly quadruple. NPA attacks mayor, saying he failed to fulfil campaign vows

EMILY JACKSON
emily.jackson@metronews.ca

The number of people sleeping on Vancouver's streets is expected to surge this year despite the city and province spending millions to try to meet the city's goal of ending street homelessness by 2015.

Indeed, the number could nearly quadruple to 1,044 from 273 last year, according to worst-case data presented to council Wednesday.

A "perfect storm" of empty single-room occupancy hotel rooms, reno-victions, social-housing delays and the loss of federal funding has created a grim situation for Vancouver's poorest, who can't find places to live for the $375 welfare rate, Mayor Gregor Robertson told reporters.

"It looks like a very disturbing situation emerging," Robertson said. "It looks now like we're trending towards the worst case."

The mayor has changed his tone since the homeless count in March, when he remained hopeful that numbers would go down "significantly."

While the official numbers won't be released until next week, the grim statistics point to a "challenging" year, Robertson said.

Single-room hotels are being held vacant so owners can conduct critical renovations, but people on welfare can't afford to move back in at the higher rates post-upgrades, council heard.

In 2007, 60 per cent of rooms rented for $375 compared to 24 per cent in 2013.

On top of that, interim housing facilities haven't opened on time, and four of the 14 BC Housing sites won't open until later this year.

In the meantime, the city will try to open interim shelters and pressure the provincial and federal governments for more funding, Robertson said.

"We all need to raise our game and we'll keep that pressure on."

The rival NPA wasted no time criticizing the mayor for achieving "absolutely no success" on ending street homelessness, considering Vision Vancouver won the 2011 election with that promise.

"It's a massive failure," said NPA Coun. George Affleck, adding the total number of homeless people has hovered around 1,600 since 2008 "no matter what we do."

But Robertson maintains he will not give up and pointed out a recent study showing every $10 spent on housing saves $21 on policing, legal and health costs.

"It's a very important investment, and I will never give up on people."

40% OFF EVERY SINGLE ITEM

UNTIL MONDAY APRIL 21

PACIFIC CENTRE | RICHMOND CENTRE

*Excludes GiftCards. Not valid on previous purchases. May not be combined with any promotion or offer.

First Nations outrage

Province reverses natural gas shift after blowback

British Columbia Environment Minister Mary Polak has done a complete turnaround on a decision that would have exempted most of the natural gas produced in the province from mandatory environmental assessment.

After quietly passing an order in council Monday without public debate that would have removed about 99 per cent of the natural gas produced in the province from automatic environmental reviews, the government reversed the decision late Wednesday.

The announcement came on the day a group of B.C. officials were kicked out of a First Nations forum on liquefied natural gas.

Polak has now apologized for the decision, saying the government failed to discuss the amendment with First Nations.

"Our government is committed to a strong, respectful and productive relationship with First Nations," she said in a statement. "That is why we will rescind the amendment that would have removed the requirement for an environmental assessment for sweet gas facilities and destination resorts, until we have undertaken discussions with First Nations."

The Liberal government passed the order in council that would have meant natural gas plants producing so-called "sweet gas" would have been exempt from automatic environmental assessment as of April 28.

THE CANADIAN PRESS

The UBC women's softball team is suing the university two months after the varsity team was relegated to club status. RICH LAM/UBC

UBC women's softball team sues university

Supreme Court. Team claims discrimination, breach of contract after losing varsity status

CAM TUCKER
cam.tucker@metronews.ca

The UBC women's softball team has launched a civil lawsuit against the university, according to documents filed in B.C. Supreme Court.

The softball team lost its varsity status and was bumped down to a new club level following the university's sport review process, which concluded at the end of February.

The documents list the federal and provincial governments, the University of B.C., the Board of Governors of UBC, the University of British Columbia Athletics and Recreation Department, outgoing UBC president Dr. Stephen Toope and vice-president Louise Cowin as defendants.

In an email to Metro, associate director of public affairs Randy Schmidt wrote that the university will review the claim and respond in due course.

The school will not provide further comment, he wrote.

The documents cite gender discrimination, breach of fiduciary duty, breach of contract, misrepresentation and negligence as the legal basis for the claim.

"(Athletics and Recreation) provides more males with the opportunity to be Varsity Athletes than it provides females," it states.

"(Athletics and Recreation) provides larger financial resources for the men's varsity teams than it provides for the women's varsity teams with respect to operational budgets, coaches' salaries, scholarships and facility."

The team is seeking a softball facility built to intercollegiate play specifications; the team be returned to full varsity status or an alternative "varsity hybrid"; the sport review declared null and void; as well as damages for distress and punitive damages, according to court documents.

None of the allegations have been proven in court.

The softball team will compete in the Association of Independent Institutions Conference Softball Championships beginning on May 1.

Of the 29 teams that currently still have varsity status at UBC, only five were reduced to the club level following the sport review.

Changes upcoming from the sport review don't take effect until September of 2015.

Canadian Health Care Academy

Have you been thinking about a new career?
Health Care is the way to go!
There are jobs waiting for you!

LOWEST TUITION FEES

ACCESS To Practical Nursing, now offering evening classes. Next class starts May 27th

Nursing Unit Clerk & Health Care Assistant programs now start in the evening

All registrants for the Nursing Unit Clerk & Health Care Assistant programs will receive a $1000 scholarship!!

Call now to speak with an admissions representative.

Information Session April 23rd, 4-6pm - Refreshments

Health Care Assistant Program
Call for Start date
Only 6 months long including a 7 week practicum in a FHA or VCH Nursing Home

Nursing Unit Clerk Program
Call for Start date
Only 7 months long (3days/week) including a 5 week practicum in a FHA or VCH Hospital/ Nursing Home

Practical Nursing Program
May 27th
73 weeks long including clinical experiences in FHA & VCH Nursing homes & Hospitals

English, Biology, Math & Anatomy & Physiology Nursing Pre-Requisites
All pre-requisites for the PN program are offered part time - free of charge. Call for start dates.

Call: 604.540.2421 | info@chcabc.com | www.chcabc.com | Surrey campus 604-589-2422

$555K. B.C. court orders man who killed wife to compensate daughter

A man who killed his pregnant wife must pay their daughter more than half a million dollars over the loss of her mother, a B.C. Supreme Court judge has ruled.

Mukhtiar Panghali murdered his wife, Manjit, in October 2006 and was convicted of second-degree murder and sentenced to life in prison with no chance of parole for 15 years.

Manjit's family applied to the court for damages under the Family Compensation Act on behalf of her 10-year-old daughter, Maya, who was three when her mom was killed.

The court award comes to just over $555,000 and includes $172,000 for future loss of assistance and childcare, $129,000 for past lost of assistance and childcare, $54,700 for the daughter's loss of dependency on her mother, $165,000 for future loss of dependency and $35,000 for loss of guidance. Another $58,600 was set aside for a public guardian and trustee fee.

While punitive damages can't be claimed under the Family Compensation Act, the family had asked for special costs from the killer.

In a decision released Wednesday, Justice Robert Punnett agreed that Panghali's conduct was reprehensible, but said he didn't think the case was a proper basis for awarding special costs.

"Indeed it is difficult to envision more reprehensible conduct than that of the defendant in murdering his wife and their child's mother and burning her body in an effort to escape detection. However, in the circumstances I do not think that this is proper basis for an award of special costs. "

Punnett said the court had already demonstrated its disapproval in the criminal proceeding with the conviction.

Before the body of 31-year-old Manjit was found on a beach in Delta, B.C., her husband made a tearful plea before the media asking people to help find his wife.

THE CANADIAN PRESS

Man stabbed to death in Downtown Eastside

Vancouver Const. Brian Montague speaks to reporters at the Cambie Street police station in Vancouver on Wednesday. MATT DESOUZA/METRO

No arrests made. Public Safety minister received tour of the area on the same night

MATT KIELTYKA
matt.kieltyka@metronews.ca

Vancouver police are attempting to identify the city's fourth homicide victim of 2014 after a man was stabbed to death Tuesday night.

Police were called to the 300 block of E. Cordova shortly after 8 p.m. to respond to a report of a man collapsing on the street, and immediately discovered he had been the victim of a stabbing.

The man was rushed to hospital but "all attempts to save his life were unsuccessful," according to VPD spokesperson Const. Brian Montague.

The man is believed to be in his 50s but police were not able to confirm his identity Wednesday.

The investigation is ongoing, but so far no arrests have been made.

The homicide happened on the same night federal Public Safety Minister Steven Blaney was doing a tour of the Downtown Eastside with Police Chief Jim Chu, though the minister's office said Blaney did not attend the crime scene.

"This was an excellent opportunity to see for myself the challenges officers face when working in an area densely populated with drug use, prostitution and other criminal activity," Blaney said in a statement about the tour.

THE SPRING SALE
THURSDAY, APRIL 17 TO MONDAY, APRIL 21, 2014

Offers valid at the following standalone stores:
Joe Fresh Granville 540 Granville St. | **Joe Fresh Lonsdale**1632 Lonsdale Ave.
Joe Fresh Robson 1164 Robson St. While supplies last.

JOE FRESH

WOMEN'S COLOURED DENIM
NOW $10
REG. $19

SELECT WOMEN'S SHIRTS
NOW $15
REG. $19-$29

WOMEN'S MAC COATS
NOW $25
REG. $39

MEN'S MAC COATS
NOW $30
REG. $39-$49

A realtor will guide you to the right house.

We'll guide you to the right mortgage.

A mortgage pre-approval, a step-by-step online guide and a great rate. Everything you need – and want – when buying your first home.

Visit **bmo.com/homebuyersguide** to learn more and to find a BMO Mortgage Specialist near you.

/BMOcommunity @BMO

BMO Bank of Montreal

Making money make sense®

®Registered trade-marks of Bank of Montreal.

Sick baby is downgraded on organ-transplant list

'Huge blessing.' If little Karter's heart repairs itself, he might no longer need a transplant

THANDI FLETCHER
thandi.fletcher@metronews.ca

After almost a year on the heart transplant wait list, a sick Kamloops baby may not need a new heart after all.

To the relief of his parents, Karter Thistlethwaite's heart seems to be repairing itself. The 18-month-old's status was recently downgraded in priority on the organ transplant list.

"It's a huge blessing," Karter's mom Brandee Brown told Metro. "If his heart could remodel just a little bit more, and we could be unlisted, that would be ideal."

Karter was born with a condition called heart block, a problem in the electric system of the heart that controls the rate and rhythm of beats.

The young boy has already undergone two open-heart surgeries to place two pacemakers that doctors hoped would help regulate his heartbeat.

Although he appeared to be doing better after each operation, his health soon deteriorated again.

Karter would need a new heart, doctors told his parents. Last June, he was placed on the transplant wait list.

For most of his life, Brown said her son has been constantly connected to an IV drip, relying on a combination of medications to keep his heart pumping.

But in March, tests revealed enough meaningful improvement in Karter's heart function that doctors decided to wean him off the IV medications.

Dr. Derek Human, head of cardiology for B.C. Children's Hospital, said he was a little surprised to see Karter's heart function improve so much when it had been "so bad for so long."

A year ago, Karter's ejection fraction — a measurement of how well the heart is pumping — was seven per cent, said Human.

Thanks to a combination of medications and his pacemaker, Karter's current ejection fraction is about 40 per cent, he said.

A healthy heart has an ejection fraction of over 60 per cent.

Baby Karter Thistlethwaite has been on a wait list for a new heart for the past 10 months. But the 18-month-old was recently downgraded on the list as his heart appears to be repairing itself. FACEBOOK

"It's great to see," said Human. "It lends justification to all of the medication and all the stuff that we've put his family through."

While the news is positive for Karter's mom, Brown said downgrading her son's status on the transplant wait list is in some ways a Catch-22.

"Obviously we want the best for him, but if his status is lowered, it makes me nervous because what if we miss his perfect heart," she said.

Still, Human said Karter's own heart is preferable to a donor one.

For now, it's still a waiting game to see if Karter's heart will continue to repair itself, Human said.

"We honestly don't know," he said.

GUARANTEED AUTO APPROVAL!

If you have recently been.....

- Divorced
- Self Employed
- Bankruptcy
- Repossession
- Collections
- Late payments

We can help make things right!

I know bad things can happen to good people. You deserve a 2nd chance! Call Darcy, today! 1-877-810-8649

ALL MAKES AND MODELS

LANGLEYAUTOLOANS.COM

DL#C3916 and *O.A.C *Some conditions required.

Cult hero Bruce Campbell to visit Fan Expo

Reluctant hero. He became famous for his role as Ash in Evil Dead

SAM SMITH
vancouver@metronews.ca

Bruce Campbell is in town this weekend for Fan Expo Vancouver.
RICK DIAMOND/GETTY

Bruce Campbell. Actor, producer, director, and all-around badass, is coming to Fan Expo Vancouver this weekend.

Campbell is among the convention's stacked guest list including Karl Urban (Star Trek), Robert Englund (A Nightmare on Elm Street), Morena Baccarin (Firefly/Serenity, Homeland) and Tom Felton (Harry Potter), with many more.

To him, he's just as much a fan of these things as he is an attraction.

"When I was a kid I never had the chance to go see any of my favourite actors, and there would have been plenty who I wanted to see including guys like William Shatner who are still around," Campbell said. "I run into him at conventions all the time, so I'm really excited I can meet these people also."

Campbell, who was made a cult icon for his role as the reluctant hero Ash in the Evil Dead franchise, said he's never been busier in his life.

"So I have this little board in front of me with about a dozen different things that are in different stages of development," he said.

Anything with Sam Raimi, I dare ask? Something within the Evil Dead realm?

"There is stuff coming up," he said. "We're working on that too even as we speak."

Books, TV pilots, films, voice acting and a score of other duties are keeping Campbell working, but that doesn't mean he doesn't keep an eye on his expenses, particularly with one Nathan Fillion (Firefly/Serenity, Castle).

"I just want to put that out there that Nathan Fillion owes me $20," he said. "He was a little short one time, because he doesn't work much and he's not very popular, so he was down on his luck a few months ago and said, 'Bruce, can you sport me $20? 'Cause I can't go in there looking like this.' Because he had to buy a new shirt because he was looking a little ratty."

"The next thing I know he's on Castle and he's making a lot of money and I know he is, and he has like a billion Twitter followers, so I need it back," Campbell said.

Nathan, I suggest paying the man back. He's been known to slay demons.

Fan Expo Vancouver runs Apr. 18-20 at the Vancouver Convention Centre.

Abbotsford

Man accused of stabbing mom and abducting toddler charged

A 24-year-old Abbotsford, B.C., man accused of repeatedly stabbing his former partner and abducting their toddler has been charged.

Police say Troy Perrin is charged with attempted murder, assault with a weapon and abduction.

He has also been charged with six counts of breaching court orders prohibiting him from having contact with the woman or possessing weapons.

THE CANADIAN PRESS

Green party. Coun. wants cetacean question on election ballot

A Vancouver councillor says the issue of whales and dolphins at the city's aquarium should be addressed through a question on the municipal election ballot.

Green party Coun. Adrianne Carr says she wants council to consider the matter at its next meeting on April 29.

Carr says the question would only be added to the ballot if the park board and the Vancouver Aquarium don't reach an agreement before the November election to phase out keeping whales and dolphins in captivity.

She says aquariums elsewhere have managed to remain financially successful without keeping large marine mammals captive.

Mayor Gregor Robertson has said he'd like to see the whales and dolphins program phased out though he does not support a referendum during the election.

The aquarium says Robertson might not understand the vital role belugas and dolphins play in its education efforts.

THE CANADIAN PRESS

RONA
AIR MILES
VALID FROM APRIL 17 TO 23, 2014

SPRING EVENT

YOUR CHOICE
4.99 ea.

Lavender
In 5" pot.
54615105 [5112-0053]

Boxwood
In 1-gal pot.
54615106 [5112-0054]

Mauve Calluna
In 5" pot.
54615113 [5112-1725]

Assorted Juniper
In 1-gal pot.
54615134 [5112-5416]

'Emerald' Cedar
In 1-gal pot.
54615104 [5112-0052]

SAVE 33%
5.99 8.99

Viburnum Davidii
In No. 1 pot.
48595024 [5105-1580]

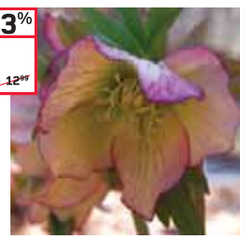
YOUR CHOICE
2.89 ea.

Assorted Annuals
6-pack. Jumbo size.
54615038 [5103-0622]

Assorted Vegetable Seeds
6-pack.
54615077 [5107-6896]

SAVE 23%
9.99 12.99

Gold Hellebore
In 1-gal pot.
48595189 [5108-4513]



SAVE 25%
3.75 4.99

Assorted Geranium Seed
6-pack.
54615125 [5112-5150]

SAVE 21%
14.99 18.99

Assorted Magnolia
In 2-gal pot.
48595214
[5112-0195]

GREAT VALUE
2.79

Black Earth
25 L. Organic soil. For outdoor gardening.
76965015
[5108-8070]

NEW
5.79

Fruit and Vegetable Fertilizer 9-4-12
454 g. Slow release plant food with micronutrients.
12675159 [5112-1919]

RONA
BURNABY, 7260 EDMONDS STREET (604) 524-9771
COQUITLAM, 425 LEBLEU (604) 931-2085
COQUITLAM, 2798 BARNET HIGHWAY (604) 464-5522
MAPLE RIDGE, 21213 LOUGHEED HIGHWAY (604) 466-0004
MISSION, 32290 LOUGHEED HIGHWAY (604) 826-6248
SURREY, 3165 KING GEORGE BOULEVARD (604) 535-9888

RONA HOME & GARDEN
NORTH VANCOUVER, 1160 EAST 3RD (604) 984-1892
SURREY, 16659 FRASER HIGHWAY (604) 576-2955
VANCOUVER, 2727 EAST 12TH AVENUE (604) 253-2822

TO OUR CUSTOMERS. • The information in this flyer reflects the information available during its conception. If, despite our vigilance, some errors occurred, a notice will be printed in store. If items differ from what is illustrated, the description prevails. • Product selection and services offered may vary by store. For reasons beyond our control, we sometimes have to change a product's specifications or have it replaced. We have the right to limit quantities. • Cash and carry prices valid from April 17 to 23, 2014. Federal and provincial consumption taxes are not included in our prices. The RONA price guarantee does not apply to special orders, to clearance, season and bankruptcy sales, to labour on installation, contractor quotes, advertising errors or prices obtained from e-commerce or outside the region. Prices published in this flyer apply only to stores found in our Addresses section. • For our full policy and further information on the Air Miles® Program, please visit rona.ca. ®/TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and RONA inc. Details in participating stores.

City bans chopping mature trees on private property

Urban forest. Changes expected to cost $140K in 2014 and $285K in 2015 for the extra inspections, paperwork

Vancouver's city council voted unanimously Wednesday to kill a bylaw that allowed property owners to chop down one healthy, mature tree per year on their land, regardless of the reason.

Council's goal is to protect Vancouver's urban tree canopy, which has been declining due to increased development.

Under the new rules, trees can only be removed if an arborist determines they are hazardous, dead or diseased, within a new building footprint or interfering with drainage systems, sewage systems or utilities.

Council also passed special provisions that will allow people to remove trees in cases of "undue hardship," for example, severe allergies.

The city expects the changes to cost $140,000 in 2014 and $285,000 in 2015 for the extra inspections and paperwork.

But council believes it's worth it to maintain the urban forest, which plays important environmental and social roles such as cleaning the air, stabilizing the soil, managing stormwater retention and improving the health and well-being of citizens.

One resident spoke against the bylaw.

Strathcona resident Karin Litzcke estimated she spent 200 hours per year raking, weeding and maintaining mature trees on her small lot before chopping them and planting smaller trees that allow her garden to flourish.

Litzcke believes peoples' rights should trump trees.

But council ultimately agreed with resident Maura Brown, who urged them to protect mature trees, including Douglas Firs that can live for up to 400 years.

EMILY JACKSON/METRO

A woman walks under a canopy of cherry trees in Vancouver's downtown on Tuesday. MATT DESOUZA/METRO FILE

SFU/UBC team, from back, Svetlana Borkovkina, Lily Li, Julian Lo, Joanna Chea and, in front, Gordon Ho and Grae Mackenzie. COURTESY SIMON FRASER UNIVERSITY

SFU robots to duke it out at worlds

A team of B.C. university students is making the final tweaks to two robots they designed and built themselves as they prepare to take it to battle at the VEX Robotics World Championships.

The joint team of engineering and computer-science students from Simon Fraser University and the University of British Columbia will be travelling to Anaheim, Calif., where they will compete against the top youth robotics teams from around the world.

It's a big feat for SFU's robotics team, said club president Gordon Ho, as the group was only founded six months ago.

"It's a brand new team and in its first year it's going to the world championships," said Ho, a second-year systems engineering student. "It's a great success to the club."

The VEX Robotics World Championships is an annual contest for high school and university students in which they are invited to solve an engineering challenge using a VEX Robotics design.

At this year's event, the teams will compete in a game called "Toss Up," in which the robots will need to pick up and toss balls of various sizes into goals, said Ho. The robots will also need to climb over bumps and lift themselves up, he said.

"We have sensors on the robots so it can sense the balls and then it can pick it up," said Ho. "All this is preprogrammed routines."

Although he expects the competition to be stiff, Ho said his team's robot has a secret weapon.

"Our robot has omnidirectional wheels, so it has very good handling," he said.

THANDI FLETCHER/METRO

Nanaimo highway

Mom, sons rescued after car flips

Police say a 38-year-old woman whose car hit a logging truck on a Nanaimo highway, flipping upside down with her two young sons inside, has a couple of rescuers to thank.

RCMP Const. Gary O'Brien says the woman was travelling in the fast lane on the Trans-Canada Highway with her seven- and two-year-old boys when she suddenly lost control and swerved into the other lane. O'Brien says her vehicle struck the back of the truck and landed on its roof on the side of the road on Monday afternoon.

He says the first motorist to stop reported the woman had a gash on her forehead while her older boy was crawling out of the vehicle and she was screaming for her younger son to be taken out. The boys were examined and released from hospital, while the woman, who police say will likely face charges, was kept in hospital overnight for observation.

THE CANADIAN PRESS

WorkSafeBC

Warning of 2nd sawmill explosion unheeded: Report

An anonymous caller warned B.C.'s workers-safety agency that dangerous wood-dust levels would lead a sawmill in Prince George to be the next mill that exploded.

A report by WorkSafeBC notes the call as one of a series of incidents that foreshadowed the massive blast that killed two and injured 22 others at the Lakeland sawmill two years ago.

The investigative report, which was completed in late January and released this week, found the tragedy was preventable.

It found that one of its own officers quickly looked into a whistleblower's concerns about excessive sawdust buildup, but did not issue any violation orders to the company.

On Monday, the province's criminal justice branch said it would not be laying charges against the company because a conviction was unlikely. THE CANADIAN PRESS

Ombudsperson report

B.C. falling short on environmental monitoring?

A report by British Columbia's ombudsperson says the provincial government has lacked oversight of an environmental regulation meant to protect the areas that border rivers, lakes and streams.

Kim Carter's latest report looks at the Riparian Areas Regulation, which covers more than 17 per cent of the B.C. land base in populated areas from Vancouver Island to the Interior.

Carter found that the Ministry of Forests, Lands and Natural Resource relies on reviewing reports from consultants hired by developers.

She says the ministry was not meeting its own goals for reviewing those reports or conducting site visits, and therefore didn't have enough information to judge compliance. The report makes 25 recommendations, 24 of which have already been accepted by the province.

THE CANADIAN PRESS

Kodiak Long-Sleeved Work Shirt #2328585.
$22 each

GENUINE Dickies

Genuine Dickies Snap Button Work Shirt #2328865.
26.98 each

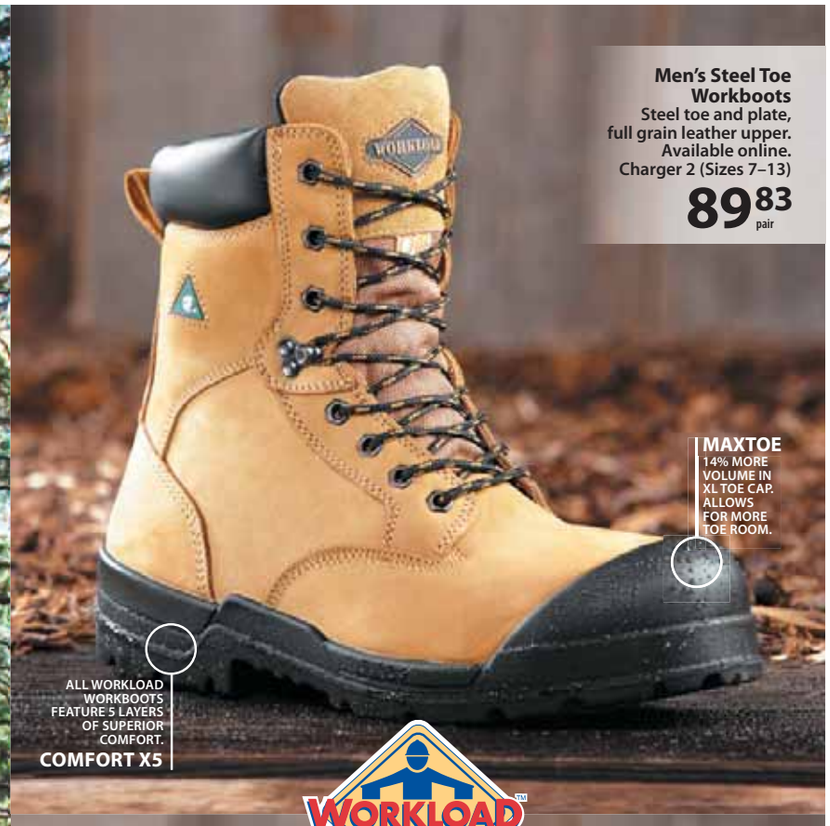
Genuine Dickies Work Pants #2329020.
26.98 each

GENUINE Dickies

Genuine Dickies Pocket T-Shirt #2303112.
9.98 each

Genuine Dickies Duck Logger Pants #2314886.
39.98 each

Kodiak Work Pants #2328767.
$22 each



Men's Steel Toe Workboots
Steel toe and plate, full grain leather upper. Available online.
Charger 2 (Sizes 7–13)
89.83 pair

MAXTOE
14% MORE VOLUME IN XL TOE CAP. ALLOWS FOR MORE TOE ROOM.

ALL WORKLOAD WORKBOOTS FEATURE 5 LAYERS OF SUPERIOR COMFORT.
COMFORT X5

WORKLOAD™

Men's Steel Toe Workboots
Steel toe, Lenzi plate, suede upper. Available online.
Helcat (Sizes 7 – 13)
59.83 pair

MAXTOE
14% MORE VOLUME IN XL TOE CAP. ALLOWS FOR MORE TOE ROOM.

ALL WORKLOAD WORKBOOTS FEATURE 5 LAYERS OF SUPERIOR COMFORT.
COMFORT X5

Wider selection on Walmart.ca with free shipping†

Walmart
Save money. Live better.

†Standard shipping option only. Free shipping excludes some remote markets. If available, free shipping options are shown at checkout.

For store hours see Walmart.ca or phone 1-800-328-0402. Select option 2. Advertisement effective **Thursday, April 17th to Thursday, April 24th, 2014.**

Items and prices are available only at stores in the distribution area of this advertisement. Advertisement effective **Thursday, April 17th to Thursday, April 24th, 2014.** Walmart has great selections available at low prices every day, and we continually strive to lower our costs so that we can bring you more ROLLBACK prices. While it's our intention to have every advertised item in stock, occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll issue you a rain check (at your request) so you may buy the item at the advertised price when it becomes available. Or, if you prefer, we'll sell you a similar item at a comparable price. Rain checks are not available for Clearance or Limited Quantity items, which are available only while supplies last. We reserve the right to limit quantities to normal retail purchases. All items may not be available in all stores. Items may be available by special order in certain locations. If the scanned price of a non-price ticketed item is higher than the shelf price or any other advertised price, you're entitled to receive the first item at no charge, up to a $10 maximum. Prices, selection and availability may vary by store and on Walmart.ca. For terms applicable to online offers, please visit Walmart.ca. Certain items may be subject to additional environmental handling, recycling or disposal fees. The amount and application of such fees vary by product and by province. See store for details.

Political players of all stripes gather to bid Flaherty farewell

State funeral. Harper opens the proceedings with personal tribute to late finance minister

Christine Elliott is escorted by her son Galen as they follow the casket bearing their husband and father, Jim Flaherty, following his state funeral in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

A gallery of political luminaries from all sides of the partisan divide gathered at a cavernous Toronto cathedral Wednesday to set aside their differences and pay final respects to former finance minister Jim Flaherty.

Mourners donned green scarves, a tribute to Flaherty's Irish heritage, inside St. James Cathedral as they celebrated the diminutive, combative politician, who died of a heart attack last week at the age of 64.

Prime Minister Stephen Harper began the proceedings with a personal tribute to his longtime political confidante.

Directly addressing Flaherty's wife, Christine Elliott, and the couple's triplet sons, Harper said, "We have lost a partner in politics, but you have lost a partner in life."

Harper kept his composure throughout most of what turned out to be a cheerful, lighthearted look back on the time he and Flaherty shared together in power on Parliament Hill.

"Occasionally, I imposed a final decision," Harper said of their periodic cabinet-table disputes.

"Occasionally I decided he was probably right. And occasionally, I decided he was wrong, but let him have his way because I just got so damn tired of arguing with him."

But as Harper's eulogy ended, he had to compose himself as he described the day he accepted Flaherty's resignation.

"I told Jim that he had truly been over these eight years, in my judgment, the best finance minister in the world, if not indeed the best in our history," Harper said.

"I also wished him well in his next career … and I told him not to be a stranger."

Liberal Leader Justin Trudeau, NDP Leader Tom Mulcair and former prime ministers Brian Mulroney, Kim Campbell and John Turner were among those on hand for the funeral, alongside federal cabinet ministers including John Baird, Peter MacKay and Chris Alexander.

Flaherty's state funeral is the first such honour since 2011, when former NDP leader Jack Layton was laid to rest.

THE CANADIAN PRESS

Calgary still in shock day after horrific murders

Ernie Hagel has had plenty of experience with death during his 43 years as a funeral director, but he's struggling to deal with the loss of one of his promising young employees.

Jordan Segura was one of five young people stabbed to death at a house party in Calgary early Tuesday morning. He had worked for McGinnis and Holloway Funeral Homes in the city over the last year.

"Our staff are devastated," Hagel said Wednesday. "We've tried to deal with this, but when it hits home it hits hard. If it doesn't, it's time to get out of the funeral business."

Segura was attacked along with Zackariah Rathwell, Josh Hunter, Lawrence Hong and Kaiti Perras. All were in their 20s. All were at a party marking the end of classes at the University of Calgary.

Matthew de Grood, 22, has been charged with five counts of first-degree murder, and has been transferred to a Calgary psychiatric facility. Lawyer Allan Fay said a justice of the peace ordered his client to receive a psychiatric assessment. Fay said he has spoken to his client, and de Grood was doing as well as could be expected.

"He was lucid, at least he seemed lucid to me. He seemed to understand what was going on to the best of someone's abilities," Fay said. "It's going to be a very difficult case indeed."

The Calgary home where the attack took place was surrounded with police tape Wednesday and the street remained closed. Flowers were piled under a tree in a makeshift memorial. There were also hand-scrawled notes and a candle paying tribute to the dead.

One read, "Heaven has five new angels."

THE CANADIAN PRESS

Richport FORD

JUDY'S TIP of the Week

EVERYONE DESERVES SOMEONE WHO MAKES THEM LOOK FORWARD TO TOMORROW.

Happy Easter

Sunday, April 20th

Judy Jobse, Service Manager

Hours of Operation Mon-Friday 7:30-5:30

OIL CHANGE SPECIAL

$39.95 +taxes

CHANGE OIL & FILTER
TOP UP FLUIDS
QUALITY CARE VEHICLE INSPECTION
REPORT CARD

Service department @ 604-273-7729. 13580 Smallwood Place, Richmond Automall

*Ask us about our Owner Rewards Program • Expires April 30, 2014. Coupon must be presented at time of sale. No cash value.

CENTRAL CITY	COQUITLAM CENTRE	GUILDFORD TOWN CENTRE	LOUGHEED TOWN CENTRE	METROPOLIS	RICHMOND CENTRE
604-588-5647	604-468-1373	604-588-4216	604-421-0922	604-434-7600	604-273-8511

Edgewater Casino
DOWNTOWN VANCOUVER
SWIPE INTO SPRING
April 2 - 29
Swipe Daily for Your Share of
$50,000 IN PRIZES!
$18,000 in Instant Prizes
$6,000 Weekly Cash Draw
Draws every Tuesday
7pm $1,000 • 8pm $2,000 • 9pm $3,000
$8,000 Grand Prize Draw
April 29 • 10pm
Must be present to win. Must swipe starting at 7am on draw dates to be eligible for all draws.
Kiosk closes one minute prior to each draw.
PLAY LIST
what you wanna hear
SATURDAY APRIL 19
8PM FREE ADMISSION
VISIT GUEST SERVICES AT 5PM ON APRIL 19 TO PICK UP YOUR ENTRY WRISTBAND.
stadiumCLUB AT EDGEWATER CASINO
MUST BE AN ENCORE REWARDS MEMBER. FIRST COME, FIRST SERVED.
Across from BC Place • 750 Pacific Boulevard S., Vancouver • edgewatercasino.ca
Edgewater Casino, Vancouver @CasinoEdgewater
bclc Know the odds of the game. GameSense 19+

Scan the photo below with your Metro News app to see a photo gallery of the rescue efforts in the South Korea ferry sinking.

The South Korean Coast Guard tries to rescue passengers from the ferry Sewol off the southern coast near Jindo, south of Seoul, Wednesday. Dozens of boats, helicopters and divers scrambled to rescue more than 470 people, including 325 high school students.

HYUNG MIN-WOO, YONHAP/THE ASSOCIATED PRESS

Fears rise for ferry's missing

S. Korea. 287 missing, including hundreds of students, have spent a day trapped in the sunken ferry or floating in the cold sea

Strong currents and bad visibility hampered rescuers Thursday in the search for 287 passengers still missing more than 24 hours after their ferry flipped onto its side and filled with cold water off the southern coast of South Korea, causing fury among families waiting for word of passengers. Rescue efforts were hampered by the ferry's severe tilt.

Nine people were confirmed dead, but many expect that number will rise sharply because the missing have now spent more than a day either trapped in the ferry or in the cold seawater.

There were 475 people aboard and frantic parents have gathered at the high school students' school near Seoul and in Mokpo, in the south of the country, not far from where the ferry slipped beneath the surface.

There were 325 students on board, headed to Jeju for a four-day trip. The coast guard said it found two bodies in the sea Thursday morning.

Dozens were injured. Coast guard officials put the number of survivors early Thursday at 179.

It was still unknown why the ferry sank.

THE ASSOCIATED PRESS

Canna Clinic
Medicinal Cannabis Dispensary
Are You Eligible?
604-558-2454
Open 7 days per week
10am-8pm (Mon-Fri) & 10am-7pm (Sat & Sun)
758 East Broadway · info@mycannaclinic.com
www.mycannaclinic.com

THIS WEEKEND ONLY! ENDS MON., APR. 21, 2014

STARTS TODAY!

SAVE 20% OR MORE ON ALL* MAJOR APPLIANCES

SAVE 30% ON ALL* FURNITURE

SAVE 50% ON ALL* MATTRESSES

THE GREAT CANADIAN HOME SALE

SAVE 60%
399.99
SEARS REG. 999.99
'Ventura' sofa
WEBCODE: W-0211247

NATUZZI EDITIONS
SAVE 60%
799.99
SEARS REG. 1999.99
'Sassi II' leather sofa
Excludes custom options.
WEBCODE: W-0221461

FRIGIDAIRE GALLERY.
SAVE $600
899.88
SEARS REG. 1499.99
5.8 cu.ft. self clean smooth-top true convection range
WEBCODE: W-2229583

FRIGIDAIRE GALLERY.
SAVE $450
1449.99
SEARS REG. 1899.99
28 cu.ft. French door fridge with bottom freezer
White and black also on sale.
WEBCODE: W-4628103

THIS WEEK, ENDS THURS., APR. 24, 2014

SAVE 60% OR MORE ON ALL* COOKWARE SETS & SKILLETS

SAVE 70%
19.99
SEARS REG. 69.99
T-FAL® *Bliss* skillet 2-pack
WEBCODE: W-1113173

SAVE 40% OR MORE ON ALL* PILLOWS AND DUVETS

SAVE 60%
19.99–27.99
SEARS REG. 49.99-69.99
Polyester gel microfibre fill with 300 thread count cotton pillow protector

SAVE 10% OR MORE ON ALL* GRILLS

SAVE $200
299.99
SEARS REG. 499.99
KENMORE®/MD 6 burner propane grill
WEBCODE: W-0290220

- 75,000 total BTU
- 833 sq. in. AREA
- 6 BURNERS

SAVE 15% OR MORE ON ALL* PATIO FURNITURE

SAVE $300
399.99
SEARS REG. 699.99
Dovercourt 10-pc. patio set
WEBCODE: W-5018416

Sears
Make every day a great day.

Use the webcode to shop these items on sears.ca. *These savings offers exclude any other promotional offer including manufacturer's rebates, Buy More, Save More offers, items with prices ending in .97 & .88, clearance items, Catalogue orders, Shop by phone purchases, major appliances accessories, countertop microwaves, Electrolux® and GE Cafe™ brands, baby & patio furniture, Mix & Match, Zedbed®, iComfort® & Tempur-pedic® brands and Canada's Best items. © Sears Canada Inc., 2014. All rights reserved. Look for the ENERGY STAR® logo. It shows that the product meets ENERGY STAR specifications for energy efficiency. NE042M114

Eastern Canada wades in deep waters

Floods. Several cities have declared a state of emergency

Rain, melting snow and ice-choked rivers forced waters in parts of Eastern Canada to rise Wednesday, submerging roads, filling basements and knocking out power as officials told people to prepare in case they had to seek higher ground.

"Our roads are impassable," said Steven Gillies, mayor of Sussex Corner. The village, located about 120 kilometres east of Fredericton, declared a state of emergency as waters flooded about 120 homes, he said.

Dozens of other homes were flooded in the neighbouring town of Sussex after the Trout Creek spilled its banks, Mayor Marc Thorne said.

"The Trout Creek has breached its banks at a height we haven't seen in many decades and a lot of subdivisions in town are impacted," he said

An ice jam knocked out several power poles in the western New Brunswick town of Woodstock, taking with it the electrical system leading to town's water wells, said Ken Harding, the town's chief administrative officer. As a result, a boil-water order was issued though a diesel pump was started to restore water supply.

The situation was similar in Quebec, where several rivers overflowed their banks, forcing evacuations in multiple communities. High water levels have caused states of emergency in some eastern Ontario towns, including the city of Belleville. THE CANADIAN PRESS

Keegan Worden, left, and David Clement check on a flooded Tim Horton's location along Main Street in Sussex, N.B. DAVID SMITH/THE CANADIAN PRESS

Official Partnership
KIA The Power to Surprise

Kia Vancouver's 1st annual
VANCOUVER WHITECAPS FC
Whitecaps FC kickoff to SAVINGS EVENT

Call 1-888-347-7334 and book your test drive today, and receive an official Whitecaps FC soccer ball.

FREE Game Day Package

Game Tickets
Purchase any in-stock New Kia, before April 20th, and receive 2 tickets* and $50 Moxie's Gift Card.
* For an upcoming Vancouver Whitecaps FC game of your choice

Offer Expires April 20th

RSVP Bonus
Call in and Book a TEST DRIVE before April 20th. Receive a FREE Whitecaps FC soccer ball (while supplies last, hurry in!)

KIA DARE TO COMPARE SALES EVENT
THROWBACK PRICING
PAYMENTS LIKE THEY WERE 15 YEARS AGO

BEST NEW SUV ($35,000 - $60,000)
$750 AWD UPGRADE CREDIT

Sorento SX shown

THE NEW 2014 SORENTO
hwy / city 100km ^ 7.1L/10.4L
THROWBACK PRICING
WAS $164
$129 ≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.
6-SPEED AUTOMATIC
0.99% ≠ financing
Based on a purchase price of $28,782. Includes Variable Throwback Pricing Incentive. $129 bi-weekly payments include $1,120 Throwback Pricing Incentive. Payments are based on 2015 Sorento 2.4L LX AT FWD (SO75BP), financing for 84 months. After 15 months, bi-weekly payments increase to $164. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.

BLUETOOTH ^ CONNECTIVITY | SiriusXM SATELLITE RADIO | WINDSHIELD WIPER DE-ICER
$750 AWD UPGRADE CREDIT

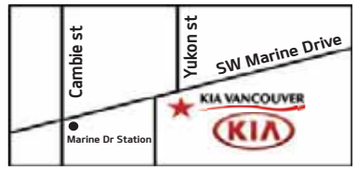
Sportage SX Luxury shown

THE NEW 2014 SPORTAGE
hwy / city 100km ^ 7.0L/10.0L
THROWBACK PRICING
WAS $136
$89 ≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.
6-SPEED MANUAL
0% ≠ financing
Based on a purchase price of $24,782. Includes Variable Throwback Pricing Incentive. $89 bi-weekly payments include $1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP50JE), financing for 84 months. After 15 months, bi-weekly payments increase to $136. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.

5 WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.
Proud Partner of madd Saving Lives, Supporting Victims
KIA The Power to Surprise

Offer(s) available on select new 2013/2014/2015 models through participating dealers to qualified customers who take delivery by April 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to $1,665, other fees and certain levies (including tire levies) and $500 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and variable dealer administration fees (up to $699). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. ^Offer available on the retail purchase/lease of any 2014 Rondo model from participating retailers between April 1–30, 2014, upon proof of current ownership/lease of a competitive cross-over vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford and Chrysler vehicles. Some conditions apply; ask your retailer or go to kia.ca for complete details. ^Offer available on the retail purchase/lease of 2015/2014 Sportage AWD models from participating retailers between April 1–30, 2014. $500 Credit will be deducted from the negotiated purchase/lease price before taxes. See your retailer for complete details. ^ Cash purchase price for the new 2014 Rondo LX MT (RN05B) is $18,582 and includes a cash savings of $5,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. ^Throwback Pricing available O.A.C. on financing offers on new 2013/2014/2015 models. Financing for 84 months example 2014 Optima LX AT (OP74JE)/2014 Sportage LX MT FWD (SP51JE)/2015 Sorento 2.4L LX AT FWD (SR75BF) with a purchase price of $26,302/$24,782/$28,782 (including $1,485/$1,665/$1,665 freight/PDI) financed at 0% for 84-month period with $0 down payment equals 32 reduced bi-weekly payments of $105.58/$99.52/$8 followed by 150 bi-weekly payments of $145.91/$136.91/$164. Cost of borrowing is $0/$0/$1,014 and there is a total obligation of $26,302/$24,782/$29,796. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Optima LX AT/2014 Sportage LX MT FWD/2015 Sorento 2.4L LX AT FWD shown is $1,280/$1,504/$1,120 (a $40/$47/$35 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. *Model shown Manufacturer Suggested Retail Price for 2015 Sorento EX V6 AWD (SR75HF)/2014 Rondo EX Luxury (RN75NE)/2014 Sportage SX AT Luxury AWD (SP75NE)/2014 Optima SX Turbo AT (OP74NE) is $34,495/$32,195/$38,295/$34,795. ^Highway/city fuel consumption is based on the 2015 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T)/2014 Sportage 2.4L 4-cyl (A/T)/2014 Optima 2.4L GDI (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption GuideYour actual fuel consumption will vary based on driving habits and other factors. Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. "The Bluetooth" wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. 2014 Top Safety Pick – U.S. Insurance Institute for Highway Safety (IIHS) for model year 2014. U.S. model tested. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

KIA VANCOUVER
www.kiavancouver.com
1-888-347-7334

CORNER OF CAMBIE and MARINE DR


396 SW Marine Drive, Vancouver, BC V5X 2R6

Royals all over Down Under

Britain's Kate, Duchess of Cambridge, holds her son, Prince George, after arriving in Sydney on Wednesday. Prince William and Kate are on a three-week tour of Australia and New Zealand, the first official trip overseas with their young son, Prince George.

ROB GRIFFITH/THE ASSOCIATED PRESS

Suspect in baby deaths had births at home

Booking photo of Megan Huntsman.
COURTESY UTAH COUNTY SHERIFF

Secret pregnancies.
Neighbours remember weight fluctuations and toggling between baggy, tight clothes

A woman accused of concealing seven pregnancies before strangling or suffocating her newborns gave birth each time in her home, authorities said Wednesday.

Investigators have determined that Megan Huntsman, 39, did not go to a hospital to have the babies, Police Capt. Mike Roberts said.

After her estranged husband discovered one of the infant corpses in the garage this past weekend, Huntsman acknowledged to police that she killed six of the babies over a decade from 1996 to 2006. She told police one of the babies was stillborn.

The investigation

Utah investigators are examining DNA from the babies to determine who the parents are, studying the bones to find out how long ago the babies died and have questioned family members and neighbours in pursuit of clues about how she did it.

- They are trying to determine why she did it and who else, if anybody, knew about it.

Roberts said Huntsman also hid her pregnancies with her two oldest daughters, now in their early 20s, from extended family until she was at the hospital. Neighbours have said they never knew she was pregnant.

Her husband, Darren West, told police in his initial interview that he knew nothing about the pregnancies. He has since obtained an attorney and investigators haven't spoken with him again, Roberts said.

THE ASSOCIATED PRESS

1979 oil crisis warning.
PM's office scolds Carter over Keystone opposition

The Keystone XL pipeline issue has created a tiff between a former U.S. president and the Canadian government. The Prime Minister's Office reacted swiftly Wednesday to a letter signed by Nobel laureates, including Jimmy Carter, urging U.S. President Barack Obama to reject the pipeline.

Prime Minister Stephen Harper's office warned: Remember 1979. It was a reference to the dip in oil supply which followed the Iranian revolution and touched off a global panic. Prices spiked and long lines formed at gas stations, helping destabilize Carter's one-term presidency.

"Mr. Carter knows from his time as president during the 1979 energy crisis there are benefits to having access to oil from stable, secure partners like Canada," the PMO said.

The statement also cited multiple reviews by the U.S. State Department which said the project would create thousands of construction jobs without an impact on the environment.

Former U.S. president Jimmy Carter.
RALPH BARRERA/GETTY IMAGES

The letter from the Nobel winners released Wednesday warned Barack Obama that the pipeline issue is key to his legacy. Obama has signalled that a decision on the Alberta-to-Texas pipeline will come before summer.

THE CANADIAN PRESS

NEED MONEY?
$300 - $1500
• No credit checks
• No upfront fees
CALL NOW!
1-866-499-5629
WWW.MYNEXTPAY.CA

CLARINS
Time to choose your gift
Until Tuesday, April 22, 2014. A total value of up to $185.* Exclusively ours.

STEP 1
Receive a five-piece customized skin care gift with the purchase of two CLARINS products, one of which is skin care.

STEP 2
With the purchase of one additional skin care product, receive a full-size Eye Revive Beauty Flash, 20 mL.

STEP 3
Book a complimentary 15-minute, personalized eye treatment and receive an Instant Eye Make-Up Remover, 30 mL†

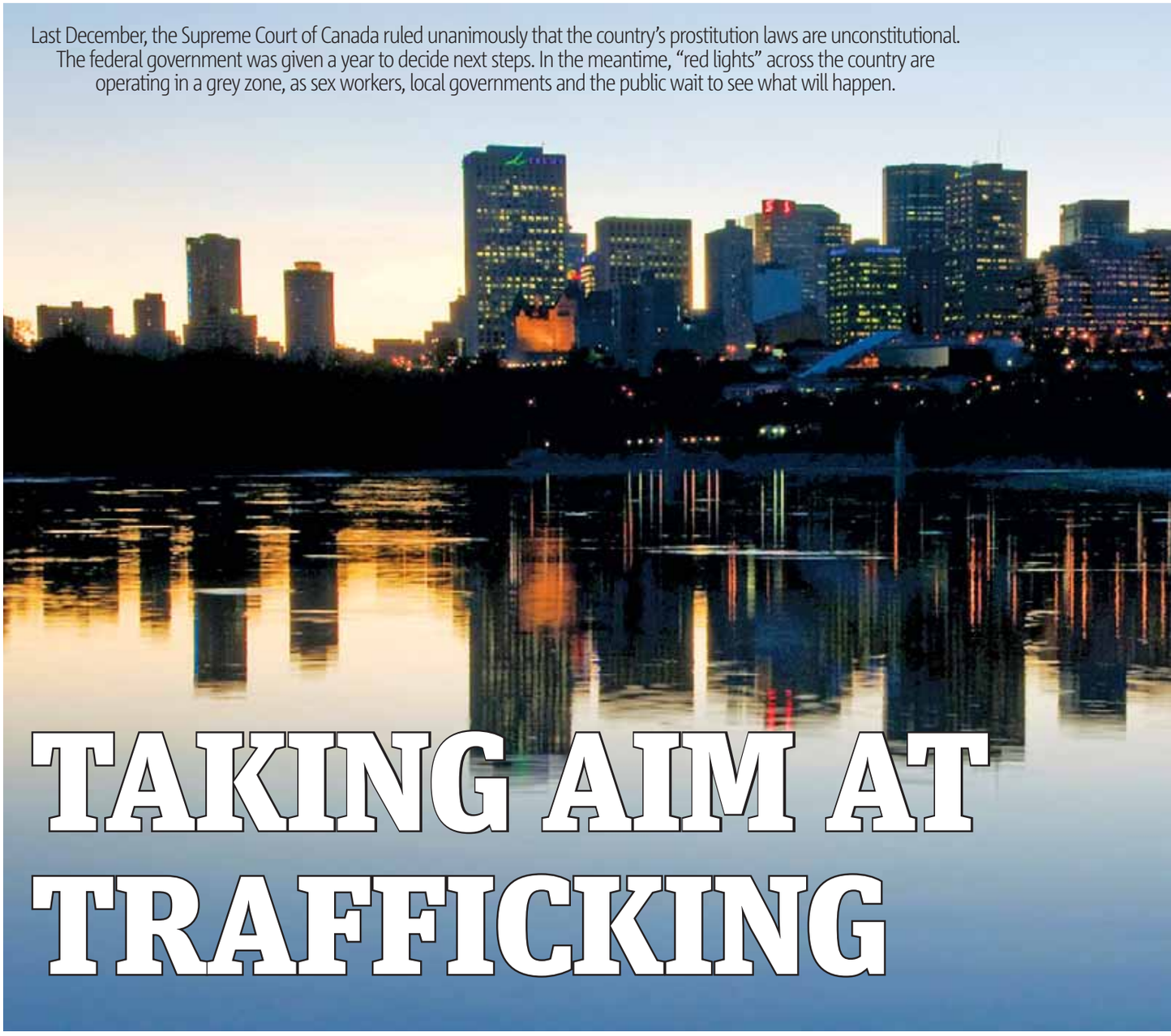
MAY WE SUGGEST:
Double Serum Complete Age Control Concentrate, 2 x 15 mL. $85

HUDSON'S BAY

SHOP THEBAY.COM

* One gift to a customer, while quantities last. Values are based on our per mL and/or g price for regular-sized products. Skin care products include all face, body, sun and Clarins men's products. †Ask your Beauty Advisor for details.

Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.



TAKING AIM AT TRAFFICKING

For the final day of our three-part series, Metro Canada speaks with police, counsellors and anti-exploitation advocates working on the front lines to try to ensure body rub workers in Edmonton have the proper abuse-prevention resources available. They all admit it's hard to pin down the number of criminal acts being committed on a daily basis due to the secretive nature of the sex industry

LEAH GERMAIN
Metro in Edmonton

For Edmonton police Det. Steve Horchuk, building trust is the cornerstone of his job, especially when it comes to working with women at body rub parlours. The city's regulated parlours make up the largest and most consistent group of sex workers in Alberta's capital, he says.

Working with his fellow officers on the Edmonton Police Service vice unit, Horchuk's days are spent building bonds, breaking down barriers and offering sex workers an outlet to talk about abuse or exploitation.

"We are looking for human trafficking. We are looking for underage girls and women getting ushered into the business," Horchuk says in a matter-of-fact tone. "Any sort of oppressive environment."

He said the reason for relationship building is simple: By educating sex workers about the risks involved in the industry, women can start to distinguish what's criminal and what's not.

"Sex workers will often deal with it on their own, without realizing they're being victimized," Horchuk says, adding it's almost impossible to know precisely how much crime or abuse might be happening at body rub parlours.

"We think, anecdotally from the women disclosing how many customers try and force anal intercourse, or try and force no contraception or they get rough and punch, choke or do things that are not consensual, that happens quite frequently."

Andrea Burkhart, executive director of ACT Alberta — an advocacy group that works with police and other local stakeholders to address human trafficking — is also committed to building trust with potential victims of the sex industry, particularly human trafficking.

"It's very hard to see human trafficking at first glance," Burkhart said. "People who've been trafficked often don't self-identify and (they) deny they've been trafficked."

While experts are unable to pin down the number of times women are trafficked into the sex industry through body rub parlours, Burkhart said building trust between sex workers and law enforcement is the first step to identifying the problem.

"There is still a lot that needs to be uncovered," she said. "As education and awareness increase, I think we are going to see more reports of human trafficking in general.

"We are hopeful those who have been trafficked in massage parlours know there is assistance for them should they come forward and seek help."

Waiting for the other shoe to drop

"As education and awareness increase, I think we are going to see more reports of human trafficking in general."

ACT Alberta executive director Andrea Burkhart

'Do you see me?'

A poem from former sex trade worker "Julie," provided by the Centre to End All Sexual Exploitation.

I work at the massage parlour you go to. Do you see me?

You come in and I catch a glance of you. I think I know you. I quickly run to the back room. Do you see me?

I check the camera. I don't recognize you, so I get ready to greet you with the other girls. We meet and you look at me leeringly. I tell you my fake name. I'm apprehensive. Do you see me?

I smile and exit before the next girl introduces herself. You tell her you want a session with me. She calls me back and appears upset that you chose me. She intimidates me and I'm scared of her. Do you see me?

We enter the room and you tell me you don't quite have the amount of money I quoted and ask for a 'deal.' I oblige. I feel cheapened. Do you see me?

I start to take my clothes off for you. I'm uncomfortable. I'm ashamed. Do you see me?

You start touching me and my skin starts to crawl. I feel myself pull away for a moment. Do you see me?

You ask if I enjoy what you are doing to me. I smile and say I do even though it's a lie. Do you see me?

You finish and tell me that you had a great time. I say I did too. Another lie. Do you see me?

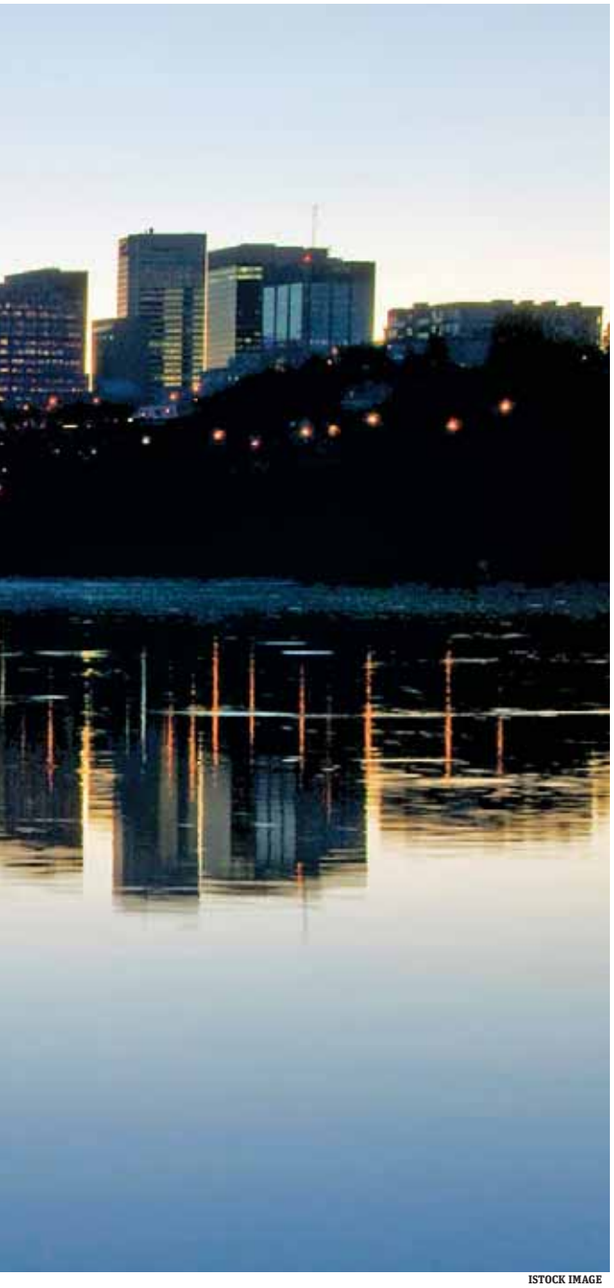
You ask if I genuinely like my job. I tell you I love my job. I'm lying again. Do you see me?

You tell me you will come back and visit me again. I force a smile but I am dreading that day. Do you see me?

As you exit the parlour, I get tears welling up in my eyes. I feel objectified, de-humanized. Do you see me?

You leave and I prepare to meet the next guy who is already waiting, all the while wondering, Did you see ME?

Don't buy women, Don't buy the lie.



ISTOCK IMAGE

Edmonton police are trying to forge relationships with massage sex workers so women in danger don't feel like they have to deal with issues on their own. METRO

In a parlour or on the street, 'it is still sexual exploitation'

Hidden victims.
Despite regulations, abuse and exploitation still prevalent at body rub parlours, former vice detective says

LEAH GERMAIN
Metro in Edmonton

When it comes to the economics of body rub parlours, many sex workers advocate that it's time to stop thinking of them as a commodity and address the issue of supply and demand.

"At the core, it's a women's equality issue and a poverty issue," said Kate Quinn, the executive director for the Centre to End All Sexual Exploitation in Edmonton.

Working with sex workers on a daily basis, Quinn said one of the greatest issues facing the sex industry is a living wage for women. "When there is no livable wage option, women turn to the commercial sex industry and that's what we need to change," she said.

Acknowledging the struggles on the supply side of the equation — the women in the industry — Quinn said the impact body rub parlours have on demand — those paying for their services — is often overlooked.

"Women I have worked with in the commercial sex industry have said 90 per cent of their customers were married men, that money paid to those women came from their family economy," Quinn said.

"We never talk about the buyer's side. We never talk about the hidden victims — the buyer's family, children."

Like Quinn, JoAnn McCartney, a former Edmonton Police Services vice detective and current anti-prostitution advocate and counsellor, said even though body rub parlours are largely regulated, exploitation and abuse is an ongoing issue for sex workers.

From her own experiences visiting parlours as a police officer, and from stories shared with her by body rub workers, McCartney said she sees very little differentiation between street sex workers and women working in parlours.

"The women working in there think they are different from street prostitutes," said McCartney.

"They believe they are a step up. I don't think they are any better or worse. It is still sexual exploitation."

Advocates say it's time to stop thinking about sex workers as a commodity. ISTOCK

John says ...

Oil worker cuts out 'girlfriend bulls–t' in favour of massage parlours

Oil-rig work keeps John away from Edmonton for two to three weeks at a time. It also makes it pretty difficult for him to keep a steady girl back in the city, he says. As an alternative, the 34-year-old turns to massage parlours.

"It's hard for women to stay faithful. Every girlfriend I've had has cheated on me while I've gone to work. So basically I cut the whole girlfriend bulls–t out," he said.

Three years ago, John met Roxy (a body rub parlour worker Metro featured in Part 1 of this series). Every three weeks, when he was back in the city, John would drop by the parlour where she works.

The two eventually became friends, so they ended the working relationship and John now visits other parlours in the city, spending about $260 to $300 an hour to "stay" with a woman.

He said it is cheaper than date night.

"By the time you take a girl out on a date just to get some a–, you're looking at spending just about the same," he said.

John said he plans to stop visiting massage parlours once he is in a steady relationship.

Editor's note: John's name has been changed to protect his identity.

STEPHANIE DUBOIS/METRO IN EDMONTON

Your voice

What you had to say about this series

Metro readers had a lot to say about our three-part series on body rub parlours. Here is a selection of some of the comments posted on our website:

There are many people who don't have a lot of money, but they go out and work 2-3 jobs to make ends meet. Giving your body to be used by a complete stranger is not working, it's called prostitution no matter how you may try to word it. It not only puts the prostitute at risk of violence or disease, but most importantly it puts the married men at risk of bringing home those diseases to their innocent wives as well as destroying marriages when they are caught. They should not be legal/licensed anywhere in Canada. **CommonSense**

The best solution is to legalize prostitution so you go to a regulated brothel for sex and a massage therapist for injury related massage. **Annoyed**

Seems to me Canadians have set most of the prudishness aside, and realize that the sex trade cannot be stopped, but can only be driven underground ... I look forward to the day when we will look upon a normal, and potentially exciting, sexual encounter, as we now look forward to a lovely dinner at a fine restaurant. Why shouldn't one treat themselves to something new and exciting? **Awfulorv**

This career does not put married men at risk of anything; that is the married man's choice, not the sex worker's. That line of thinking is the same as people who blame rape victims for "dressing provocatively," as if men are some out-of-control animals who only rely on base instincts. If someone is OK with, or even enjoys sharing a sexual experience with others for money, that is their business, not yours. Don't like it? Don't participate in it. Simple as that. **Kakkoi**

Get caught up

If you missed any part of Metro Canada's three-day series, visit metronews.ca/features/massage-parlours for all our features, along with additional content only available online.

Spring clean the inside of your engine for maximum performance and fuel economy.

Over time, impurities in fuel lead to a build-up of carbon deposits in your engine, decreasing power and fuel efficiency while increasing emissions. Mercedes-Benz Decarbonizer Service safely removes these deposits from fuel injectors, oxygen sensors and even the catalytic converter – boosting performance and reducing fuel consumption and pollution.

$169.95* **Mercedes-Benz Decarbonizer Service**
Gas engines starting from $169.95 (MSRP $199.00)
Diesel engines from $199.00 (MSRP $229.95)

Call 604-331-BENZ (2369) to book an appointment.

*Taxes not included.

A Daimler Brand

Mercedes-Benz

Mercedes-Benz Vancouver Area Retail Group – Service and Parts Locations **604-331-BENZ (2369) | mbvancouver.ca**

Mercedes-Benz Vancouver
550 Terminal Avenue, Vancouver

Mercedes-Benz Boundary
1325 Boundary Road, Vancouver

Mercedes-Benz Richmond
13466 Verdun Place, Richmond

Mercedes-Benz North Shore
1375 Marine Drive, North Vancouver

N. Korea bristles at London salon

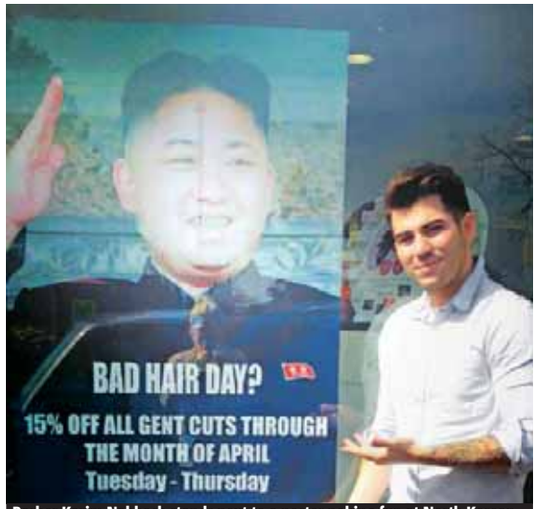
'Bad hair day?' Poster ignites diplomatic row

North Korea has made a diplomatic appeal to the British government to get a London salon out of its hair.

The country's diplomats have complained to the Foreign Office about a hairdressing salon that put up a poster poking fun at the distinctively coiffed North Korean leader Kim Jong-un.

Staff at M&M Hair Academy say they were visited by diplomats from the embassy after putting up a poster last week featuring a picture of Kim — who sports a distinctive short-back-and-sides 'do — and the slogan "Bad Hair Day?"

He said staff refused the diplomats' request to remove the poster and had reported the incident to police. Police said no crime had been committed.



Barber Karim Nabbach stands next to a poster poking fun at North Korean leader Kim Jong-un's unusual hairstyle. M&M HAIR ACADEMY/THE ASSOCIATED PRESS

The embassy didn't immediately respond to a request for comment.

THE ASSOCIATED PRESS

*OFFER APPLIES TO SELECT MERCHANDISE FOR A LIMITED TIME. OFFER NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR ON PREVIOUS PURCHASES. ITEM SHOWN IS NOT INCLUDED IN OFFER. AVAILABILITY MAY VARY BY STORE. OFFER SUBJECT TO CHANGE WITHOUT NOTICE.
THIS WEEKEND ONLY
ITEMS FROM $3!*
Enjoy fabulous fashion for ladies, men's, teens and kids.
H&M CONSCIOUS™
COLLECTION
More sustainable fashion
H&M

HIT THE SLOPES TODAY AND SAVE!

Metro and Cypress Mountain invite you to ski or board today and save 25% off of your lift ticket. Simply cut out this ad and bring it to the Alpine area at Cypress Mountain today!

Sign-up and you could win Cypress Mountain lift tickets at www.clubmetro.com

VISIT clubmetro.com TO ENTER

Your ticket to the mountain!

Exchange this voucher on the mountain at the Alpine Ticket Office.

Valid TODAY ONLY - APRIL 17

cypress mountain.com

Limited one per customer. Not valid with any other offer. Must have original coupon. Not valid with any lesson package.

sp: metro ski

Photo provided by Cypress Mountain

Gay rights.

Group urges IOC to rule out host cities with unjust laws

More than 100,000 members of an international gay rights group have sent messages to the IOC urging changes to ensure that future Olympic host countries do not have discriminatory laws on their books.

The group All Out reiterated its call on the International Olympic Committee to overhaul its selection process, citing the controversy that surrounded the Winter Games in Sochi over Russia's gay "propaganda" laws.

All Out says it delivered its message before Tuesday's deadline for public submissions on "Olympic Agenda 2020," IOC president Thomas Bach's project for reforms that will be voted on in December in Monaco.

THE ASSOCIATED PRESS

Bosnians come see family unearthed from mass grave

Mourners' statements will help prosecute.

Former Bosnian Serb general Ratko Mladic is being tried on war crimes charges

Bosnian woman Denisa Hegic looks at remains of her family members in Sejkovaca identification centre, near the Bosnian town of Sanski Most, 260 kilometres northwest of Sarajevo, Wednesday. AMEL EMRIC/THE ASSOCIATED PRESS

Denisa Hegic pulled her scarf around her nose to guard against the stench, and drew back the plastic shroud. Shaking, she reached down to touch her mother's skull, and caressed it.

The last time she touched her mother she was bleeding on the floor of the family home, slain by Bosnian Serb soldiers storming their tiny village in northwestern Bosnia. On Wednesday, mother and daughter were reunited in a cavernous building used to house the remains of victims newly excavated from the mass grave in Tomasica, 200 kilometres northwest of Sarajevo.

"I found her body," she said.

Hegic's experience is being repeated this week by many survivors of Bosnia's 1992-95 war, as experts begin allowing families to view the remains meticulously pulled from the earth and identified through DNA analysis. Hundreds of families are expected to make the sad pilgrimage to see the dead.

So far, 430 victims were found in the Tomasica grave, a vast pit 10 metres deep and covering 5,000 square metres. The pit contains victims of Bosnian Serb military units who killed Muslim Bosniaks and Roman Catholic Croats as part of a so-called ethnic cleansing campaign.

THE ASSOCIATED PRESS

BUY ONE GET ONE FREE ON A PAIR OF EYEGLASSES OR RX SUNGLASSES

VISIT PEARLEVISION.CA TO ARRANGE YOUR EYE EXAM*

PEARLE EST. 1961 VISION℠

Buy a complete pair (minimum purchase may apply) and receive a second complete pair up to a maximum value (maximum may vary) — same prescription. Taxes extra. First pair must be equal to or greater than maximum value of second pair. Valid prescription required. Cannot be combined or used in conjunction with any store offer or discount. Excludes certain brands including Maui Jim. Not valid on previous purchases, readers or non-prescription sunglasses. Discount off tag prices. Savings applied to lenses. Valid at participating Canadian locations. Void where prohibited. Some restrictions may apply. See store for details. Offer ends 6/28/2014. *Eye exams arranged.

©2014 Pearle Vision. All Rights Reserved.

More than 42 per cent of anglophone Canadians now have a tablet, a new survey says. JUSTIN SULLIVAN/GETTY IMAGES

A tablet-mad nation

A new survey, eh? 1 in 4 Canucks now own a tablet, with many opting for an iPad

More than 42 per cent of anglophone Canadians now own a tablet and most are increasingly choosing one of Apple's iPads, suggests a report by the Media Technology Monitor.

Tablet ownership spiked by about 66 per cent between 2012 and 2013, according to the results of a MTM survey conducted with 4,009 Canadians between Oct. 7 and Dec. 1 of last year.

In the fall of 2012, about one in four anglophone Canadians told pollsters they had one of the gadgets, while a similar survey conducted in the fall of 2011 found just one in 10 were tablet owners.

Apple's iPads account for about two-thirds of the tablets Canadians own, MTM's newest report suggests, while BlackBerry's PlayBook and Samsung's Galaxy Tab devices have a 10 per cent share of the market each. Apple's hold of the market has consistently grown in MTM's polls while the other brands have stagnated.

THE CANADIAN PRESS

Market Minute

DOLLAR 90.76¢ (-0.34¢)

TSX 14,446.52 (+142.60)

OIL $103.76 US (-$0.01)

GOLD $1,303.50 US (+$3.20)

Natural gas: $4.53 US (+$0.04)
Dow Jones: 16,424.85 (+162.29)

EVER 匯
FOREX 聯
BEST EXCHANGE RATES GUARANTEED!
• Money Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

BORROW UP TO $5000
WITH AFFORDABLE PAYMENTS AND EASY APPROVAL WITHIN 24 HOURS[1]
WE APPROVE WHEN BANKS WON'T AND WE'RE WAY CHEAPER THAN A PAYDAY LOAN!
TALK TO US, WE CAN HELP.
easyfinancial services
Visit us at these convenient locations or online:
Vancouver
Kingsgate Mall
119-370 East Broadway
604.707.9357
1252 Kingsway
604.874.5200
Burnaby
Old Orchard Shopping Centre
4429 Kingsway, Unit 4
604.436.0143
easyfinancial.com
(1) 24 hour approval (between Monday – Saturday) based on a completed application and customer verification including a credit check. Payments are due on scheduled income deposits. Ask for details.

ANNIVERSARY SALE
THE BIGGEST SALE OF THE YEAR
Budget Blinds
Blinds, Shades, Shutters, Drapes & More!
THE MORE YOU BUY, THE MORE YOU SAVE!
CONTACT YOUR LOCAL STYLE CONSULTANT FOR DETAILS ON SPECIAL OFFERS IN YOUR AREA.*
ADD STYLE TO YOUR SURROUNDINGS. BUDGET BLINDS MAKES IT EASY!
1 EXPLORE YOUR CHOICES
2 PROFESSIONAL MEASURING
3 PROFESSIONAL INSTALLATION
4 BEST WARRANTY IN THE INDUSTRY
SCHEDULE A COMPLIMENTARY IN-HOME CONSULTATION TODAY!
www.budgetblinds.ca | 1-877-758-4929
Canada's #1 choice for window coverings.
*Applies to selected Signature Series® window treatments by Budget Blinds®. At participating franchises only. Some restrictions may apply. Ask for details. Not valid with any other offers, discounts or coupons. Valid for a limited time only. Offer good at initial time of estimate only. ©2014 Budget Blinds, Inc. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, Inc. and a Home Franchise Concepts Brand. Each franchise independently owned and operated.

IT'S NOT YOU, IT'S THE PLAYOFFS

HE SAYS
John Mazerolle
metronews.ca

By the time you read this, my love, I may already be in sudden death.

We've grown close these first few months together, but as my girlfriend I think it's only fair you know there's a side of me you haven't seen before — a dark side, an off side. It's time for the NHL playoffs.

I'm so sorry.

If you're reading this, you probably already know what I mean. Maybe you've picked up this column during a game because you've given up on speaking to me directly.

You speak, but I respond with only an icy stare in the direction of sudden-death overtime.

You step in front of the screen, and I leeeean around you, possibly rousing myself long enough to mumble the old family chestnut about making "a better door than a window."

You try to ask about Don Cherry's wardrobe, but I've plugged my fingers into my ears and curled into the fetal position until he's done explaining that the forwards should cover the points.

But don't fret. I believe in us. Or, to be more specific, I believe you have what it takes to put up with me. You've proven it before.

We went to see a Raptors basketball game together, and you provided the insightful colour commentary that only fresh eyes can deliver: "They score a lot in basketball!" And you showed a true understanding of the heart of basketball (really), when you said, "It's taken them 10 minutes to play the final 36 seconds."

We watched the Raptors lose, though they won their division because the team chasing them lost in a simultaneous game. You got home, saw the headline "Raptors win" and declared, "I don't think I understand basketball," and it was just about the cutest thing ever.

And, recently, your roommate wished me "Good luck" for the hockey playoffs, and you were confused because I don't actually play for the Boston Bruins, even if my apartment has more B's paraphernalia than their team bus. You chuckled and insinuated that I somehow have no impact on the result of the game.

That's nonsense, of course. Anybody who's ever helped their kid eat by opening their own mouth, or helped a pilot land an airplane by staring out the window, knows the vital role I play.

But I'm not asking you to understand. You don't even have to like it. You just have to understand that I like it.

So, my sincerest apologies, my love. I'll make it up to you, and I don't need anything from you. You don't need to know your icing from your elbowing penalty. You just need to know I'll be in my Cups just a little while longer, and then I'm yours.

I know I'm risking heartbreak and loss over these two months, but that's hockey!

Sincerely,
John

P.S. Thanks for being such a good sport. I'm a fan of those.

ZOOM

Dog days of prosthetics

LINDSEY MLADIVINICH/ORTHOPETS/THE ASSOCIATED PRESS

Pooch saved from foreclosed home

Naki'o, a red heeler mix breed, has received four prosthetic limbs in Denver, Colo. Naki'o was found in the cellar of a Nebraska foreclosed home with all four legs and its tail frozen in puddles of water-turned-ice. What frostbite didn't do, a surgeon did, amputating all four legs and giving him four prosthetics. THE ASSOCIATED PRESS

Two-legged dog vid

- A nine-month-old boxer named Duncan barrelled down a beach in Oregon, running full tilt on soft sand into YouTube history and showing more than four million viewers he can revel in a good romp despite lacking back legs.

More Paw-sibilities

More veterinarians are using wheelchairs, orthotics and prosthetics to improve the lives of dogs that have lost limbs to deformity, infection or accident, experts say. There have also been great strides in technology to keep up with U.S. soldiers returning wounded from war, and veterinarians have adapted the materials and know-how for the rising demand from clients. THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 14 in News, pages 29 and 38 in Scene, and page 56 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

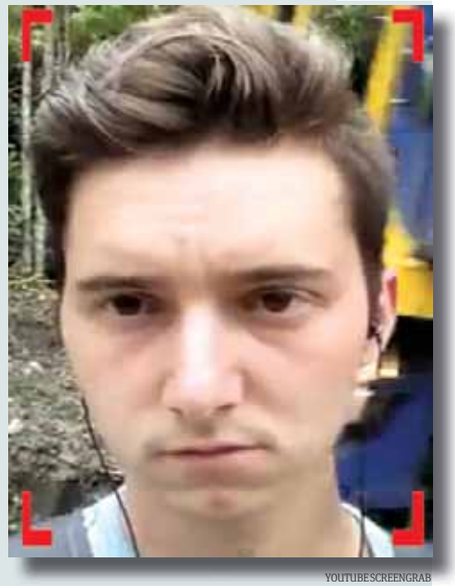
metro AR

MetroTube

Selfies suffer a huge blow to the head

ANDREW FIFIELD
metronews.ca

Selfie has had a tough time since the heady days of 2013 when it was blessed with Word Of The Year status by Oxford Dictionaries. First, its definition was rudely changed to "here's a photo of me surrounded by a mob of grinning faces." And, it's also become shorthand for Samsung PR stunt. Now this: A young man can't even take a well-groomed selfie in a situation of highly questionable safety without getting a rude boot to the head from a train engineer — a lesson in self-preservation that comes with an ironic dash of danger. (Via Jared Michael)



YOUTUBE SCREENGRAB

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Green Cross Society of BC
2127a Kingsway, Vancouver, BC
778-785-0370 • www.greencrossofbc.org

See that symbol? It means you can scan this image with your Metro News app. I'm Batman! See a clip from The Lego Movie

Fine family films for Easter

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The Lego Movie is one of the best movies out this year — for kids and adults. CONTRIBUTED

Synopsis

After enjoying big Easter and Passover meals, the Reel Guys like to treat the family to a good movie. Because there are as many different kinds of family movies as there are colours on the most psychedelic Ukrainian Easter egg, this week the guys have a look at their favourites. From the big screen to rentals for the small screen they choose movies that will put an extra hop in your step this weekend.

Long weekend entertainment. The Reel Guys list their picks for flicks that delight both parents and kids

Richard: Mark, if you're planning to take the kids out to the movies this weekend, there are two recent family flicks that deserve to be seen on the big screen. The Lego Movie is possibly the weirdest, most psychedelic kid's entertainment since H.R. Pufnstuf, but it is also one of the best films of the year so far, kid's movie or not. Then there is Mr. Peabody & Sherman, a big animated film inspired by a time travelling segment from the TV show Rocky and His Friends. It's the only kid's movie with an Oedipal joke and the kind of children's movie that I think parents and kids will enjoy, but probably for completely different reasons.

Mark: Richard, so far The Lego Movie is the most exciting movie of the year, family or otherwise, but it should be noted that it, too, has a strong Oedipal theme in it. As a father of a three-year-old, I'm never quite sure what family entertainment means; what's appropriate for my little boy is different than what might entertain an eight-year-old. Pretty much anything animated works for all ages, but then it gets complicated. And gender plays a role in choosing the right flick, too. Young girls love The Wizard of Oz, but young boys, not so much. But you never know. My little one loves Frozen, just out on DVD, even though it might seem "girly" to some.

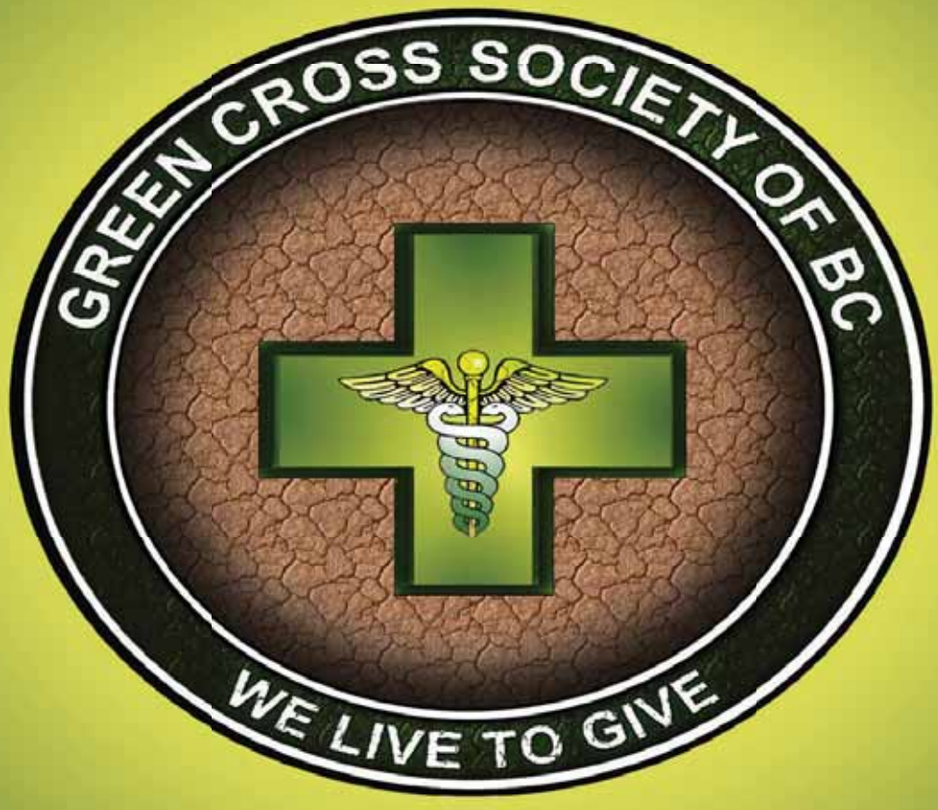
RC: People love Frozen. I'm not one of them, but there is no arguing with the success of that movie. I'm more on side with Despicable Me II, which I thought was great fun despite its predictable plot. The story of chrome-domed former bad guy Gru's (Steve Carell) working with the Anti-Villain League could have written itself, but the inventive gags contained within are the reason the whole family will enjoy the movie. There are lots of fun characters, but it's really all about the Minions — Gru's yellow, jelly-bean-shaped helpers — who spice things up with their own special kind of anarchy. Speaking in gibberish, they're fun and more than worth the rental.

MB: Despicable Me II is a treat but my little guy deemed it "too scawy". But I look forward to a family viewing of E.T. — the greatest family movie ever. Who doesn't love the tale of that lovable little alien?

Celebrate our new Richmond Centre Store Grand Opening
WIN A $1000 shopping spree!*
Enter at any Ingledew's location.
*Details in-store

It's the way we make them feel
Other fashionable retailers may also carry these patent leather Stuart Weitzman pumps, but no one else can make you feel as comfortable in them. You might just say we've created an art to finding the perfect fit. #StylishComfort
INGLEDEW'S
— the art of finding the perfect fit —
535 Granville St • Oakridge Centre • Park Royal North • Richmond Centre • Brentwood Town Centre Clearance

THE GREEN CROSS SOC



CIETY: WE LIVE TO GIVE

Advertorial

THE GREEN CROSS SOCIETY: WE LIVE TO GIVE

The Green Cross Society Of B.C was founded in December 2005, and officially opened its doors on July 18, 2006. Since then, the GCS has been providing the Greater Vancouver area with safe access to tested and regulated medical marijuana to a vast array of qualified recipients. As one of the oldest and most reputable dispensaries in the province, the Green Cross is truly committed to facilitating its members and interested new applicants with the assistance they need! Our goal (and ongoing success) has been based on a simple philosophy to provide a natural alternative in alleviating many of the physical & mental ailments associated with illness and discomfort, and to ultimately provide you with a better quality of life on your road to recovery.

About the Green Cross:
What started as a dream for Founding director and President Paul Hunt, Co-founder and General Manager Stephen Burris and Co-founder Connie Gerard quickly turned to reality! However, GM Burris and President Hunt, cannot take all the credit for the society's success. Hunt, who is also on the steering committee for the MMAR Coalition against Repeal, has had an expert panel of help. Branch Manager Eric Burris, and Operations Manager Rohan Gardiner are both ten-year veterans in the field. Additionally, Promotions Manager Clint Younge, Ad Manager Evan Lipovsky, Distribution Manager Roxanne Burris, and distribution professionals Carla Bell and Raelle Fisher bring a great deal to the table, having been involved with medicinal cannabis since 2003. This highly specialized team has been combating everything from HIV and Cancer to Appetite stimulation, Insomnia and much more for a combined total of 50 plus years!

The GCS has always focused on Strain Specific Needs or "Different Strains For Different Pains". Working alongside Dr. Paul Hornby Ph.D., who previously did testing for the GCS, the society is constantly updating information to educate its members on the latest in medicinal breakthroughs, Strain specific needs, The Endocannabinoid System and ALL research discoveries.

The Green Cross Society team.

"Today the Green Cross Society is the only club within Canada containing its own Analytical department for testing" states GCS president Paul Hunt. "We help our members identify the correct strain for smoking."

"I feel very fortunate to have worked in an industry I believe so strongly in, which for ten years now has been helping people on a daily basis to alleviate or at least control their pain. As we are on the forefronts, basically the pioneers of the industry, we are constantly learning through experience and data compilation."
Says Operations Manager Mr. Rohan Gardiner

"We don't push the envelope as we are not political we are Medicinal"
says Eric Burris Branch Manager and GCS original.

"We worked for one year solid alongside the city of Vancouver before even opening our doors! Even today we have an open door policy with not only the city but the Vancouver Police Department"
exclaims Eric Burris

"Quality assurance is of the utmost importance to us. This is a medicine and we want to ensure our clients/members, a non-radiated product free of fungicides, pesticides and pathological molds!! If it's not Quality Controlled, it's not a medicine!!" President Paul Hunt

"Our greatest success in the way of harm reduction would definitely be the reduced amount of pharmaceuticals our members are taking as a whole!! Day in and day out, young and the old walk through our doors seeking out pain relief, a natural alternative to the traditional medications they have been prescribed by their doctor, which they are either addicted to or suffering bad side effects from!!" Stephen Burris

Community Outreach:
Over the past decade the GCS has been feeding the downtown East sides less fortunate in more ways than one. At least once per month, Promotions Manager Clint Younge and Operations Manager Rohan Gardiner head down to the bowels of the city, the heart and soul of Hastings and Main. Their mission is to hand out 100-200 sets of gloves and toques, and feed as many people as possible!! The Green Cross has been feeding its members Christmas dinner for the past ten years as well as other festive holidays. For some of our members the Cross's Christmas dinner is the highlight of their year and for many it's marked on the calendar.

"Being able to wake up every day doing what I love and being able to give back to the community is a true blessing."
PR Manager: Clint Younge

Becoming a member:
You can become a member of the Green Cross Society if you have an existing MMPR/MMAR License for cannabis or a prescription from your physician, naturopath, or other recognized health provider. This form will have confirmation of diagnosis with acknowledgement of cannabis use to further bridge the gap between medical practitioners. If you are a co-existing member of a Wellness Centre in Vancouver that follows our protocol and procedure, we can contact that club to obtain a copy of the patients Confirmation of diagnosis. If you are applying for the first time, or if you are curious to discuss your eligibility, please contact the Green Cross Society for information and assistance.

The Green Cross would like to pay tribute to Albert "Buck" Burris, one of its Original founders, who passed away at the age of 87 years old. August 16, 1924-November 11, 2011. Buck's compassion made the Green Cross dream a reality, his memory will live long amongst our members!

Green Cross Society of BC
2127a Kingsway, Vancouver, BC • 778-785-0370 • www.greencrossofbc.org

Green Cross Society of BC

2127a Kingsway, Vancouver, BC

778-785-0370 • www.greencrossofbc.org

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Action/Adventure

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yahan Ruhian

He thought it was over. After fighting his way out of a building filled with gangsters and madmen — a fight that left the bodies of police and gangsters alike piled in the halls — rookie Jakarta cop Rama thought it was done and he could resume a normal life. He couldn't have been more wrong. Formidable though they may have been, Rama's opponents in that fateful building were nothing more than small fish swimming in a pond much larger than he [illegible]

Rotten Tomatoes™ score

Critics: 76% **Audience:** 94%

Comedy

The Trailer Park Boys: Don't Legalize It

Director. Mike Clattenburg

Stars. John Paul Tremblay, Mike Smith, Robb Wells

The Trailer Park Boys are back. But these are tough times for Ricky, Julian, and Bubbles, and for everyone in Sunnyvale Trailer Park.

Rotten Tomatoes™ score

Critics: No reviews yet **Audience:** + 88%

Documentary

Bears

Director. Keith Scholey, Alastair Fothergill

Stars. John C. Reilly

In an epic story of breathtaking scale, Disneynature's new True Life Adventure Bears showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set against a majestic Alaskan backdrop teeming with life, their journey begins as winter comes to an end and the bears emerge from hibernation to face the bitter cold.

Rotten Tomatoes™ score

Critics: No reviews yet **Audience:** + 89%

Sci-Fi Thriller

Transcendence

Director. Wally Pfister

Stars. Johnny Depp

Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-technology extremists who will do whatever it takes to stop him.

Rotten Tomatoes™ score

Critics: No reviews yet **Audience:** + 98%

Drama

The Face of Love

Director. Arie Posen

Stars. Annette Bening, Ed Harris

The Face of Love is the story of a widow named Nikki (Annette Bening) who, several years after the loss of her husband Garrett, meets a man named Tom (Ed Harris) who looks exactly like her deceased husband. Suddenly, a flood of old feelings rush back to her: she's met the love of her life. Again. The film is a romantic story filled with humour, surprise, and reflections on the mystery of love surrounding us.

Rotten Tomatoes™ score

Critics: 43% **Audience:** 53%

Comedy

A Haunted House 2

Director. Marlon Wayans

Stars. Marlon Wayans

Crossing new lines and breaking old barriers, A Haunted House 2 is the sequel to the hilarious box-office hit starring Marlon Wayans as Malcolm who, after exorcising the demons of his ex, is starting fresh with his new girlfriend and her two children. After moving into their dream home, Malcolm is once again plagued by bizarre paranormal events.

Rotten Tomatoes™ score

Critics: No reviews yet **Audience:** + 88%

Trailer park joys: Tale of grit, guts and greed

Killer Joe. 'Trailer-trash noir' play by Pulitzer winner to be performed in a parking lot

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

If you've ever dreamt about watching a deliciously dark comedy in a parking lot, then your dreams are about to be realized. And you don't have to worry about getting a ticket — at least not the kind that comes with an excessive fine.

It's Killer Joe, a site-specific tale of greed, grit and guts, and it's all going down in the Italian Cultural Centre's parking lot, which has been transformed into Texas' seediest trailer park.

The "trailer-trash noir," written by Pulitzer Prize winner Tracy Letts, is directed by Chelsea Haberlin. It's about a dysfunctional Texas family, a contract killer and a scheme to collect life insurance.

"Killer Joe is theatre for the Tarantino and HBO crowd," says Haberlin.

"There are definitely shock factors — nudity, simulated sex, violence — but they are applied in an incisive way to create a dialogue about moral righteousness, ambiguity and the depravity that poverty can necessitate."

It stars Sebastien Archibald, Meghan Chenosky, Ted Cole, Emma Slipp and Colby Wilson.

You'll want to leave the kids at home for this one.

Killer Joe runs Tuesdays to Sundays at 8 p.m. until May 4. Tickets are $25 (students/seniors $20). There's a two-for-one performance on April 22; a post-show talkback with the cast April 24/May 1; and April 25/May 2 are Kentucky Fried Fridays (dress up in your finest trailer couture and get a free beer).

Visit ItsaZoo.org for more information.

Killer Joe, written by Pulitzer Prize winner Tracy Letts, takes over the parking lot of the Italian Cultural Centre. The play runs until May 4. CONTRIBUTED

Ballet BC season closer

The company's final production this season, running April 24-26, features a trio of world premieres by Gioconda Barbuta, Gustavo Ramirez Sansano and Cayetano Soto.

- "Gioconda, Cayetano and Gustavo ... promise exhilarating works that will captivate our audiences," says Ballet BC's artistic director Emily Molnar.

Only at KIA Richmond | Offer Expires: April 20th

Receive FREE 51" Flatscreen TV, iPad Mini or Playstation 4 on All New Vehicle! ***
* While supplies last. Some conditions apply

Bonus Test Drive any vehicles and receive a FREE Gift!

April Showers SALES EVENT

CHOOSE YOUR OFFER!

51" TV

iPAD Mini

Play station 4

kia.ca >

DARE TO COMPARE SALESEVENT

THROWBACK PRICING*
PAYMENTS LIKE THEY WERE 15 YEARS AGO

$750 TRADE-IN BONUS ** ON SELECT CUV ‡

Rondo EX Luxury shown ^

THE ALL-NEW 2014 RONDO | Canada's Urban Utility Vehicle

hwy / city 100km ^ 6.2L/9.4L

NEW! LOWER CASH PURCHASE PRICE $18,582 ∞ 6-SPEED MANUAL

Offer includes delivery, destination, fees and $5,000 IN CASH SAVINGS. Offer based on 2014 Rondo LX MT (RN551E) with a purchase price of $23,582.

STANDARD FEATURES: HEATED FRONT SEATS | SiriusXM SATELLITE RADIO | STEERING WHEEL AUDIO CONTROLS | 6 STANDARD AIRBAGS | BLUETOOTH ‡ CONNECTIVITY

AVAILABLE FEATURES: VENTILATED FRONT SEATS | HEATED STEERING WHEEL | 7-PASSENGER SEATING | NAVIGATION SYSTEM | SUNROOF

5 Year Warranty WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.

Proud Partner of madd Saving Lives, Supporting Victims

DL #31149

KIA The Power To Surprise

KIA RICHMOND

www.kiarichmond.com

CALL NOW!! 1-888-960-8607

Alderbridge way | Minoru Blvd. | No.3 Rd. | N | Lansdowne Rd. | KIA RICHMOND

5660 Minoru Blvd, Richmond, BC
At the corner of Lansdowne & Minoru

Offer(s) available on select new 2013/2014 models through participating dealers to qualified customers who take delivery by April 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to $1,665, other fees and certain levies (including tire levies) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and variable dealer administration fees (up to $699). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **Offer available on the retail purchase/lease of any 2014 Rondo model from participating retailers between April 1–30, 2014, upon proof of current ownership/lease of a competitive cross-over vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford and Chrysler vehicles. Some conditions apply, ask your retailer or go to kia.ca for complete details. ‡Purchase price for the new 2014 Rondo LX MT (RN65SE) is $18,582 and includes a cash savings of $5,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. ^Model shown Manufacturer Suggested Retail Price for 2014 Rondo EX Luxury (RN756E) is $32,195. Highway/city fuel consumption is based on the 2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to theEnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. ^The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation. ***In order to be eligible for the prizes, vehicle must be purchased a full dealer pricing.

VANCOUVER THEATRESPORTS LEAGUE

GORILLA THEATRE™

JOIN THE LAUGHTER REVOLUTION

BEGINS APRIL 17

THE IMPROV CENTRE, GRANVILLE ISLAND

straight | Granville Island | Granville Island Hotel | Dockside Restaurant

GORILLA THEATRE IS ™ & © KEITH JOHNSTONE. USED UNDER LICENSE.

vtsl.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry ALL PHOTOS GETTY IMAGES

Not royal material? Harry's friends don't see Cressida being a happy princess

There's been ample speculation that the next royal wedding will be between Prince Harry and girlfriend Cressida Bonas, but some of his friends don't think that's such a hot idea, according to E! News. "There is a growing feeling among a small section of them that Cressida isn't the perfect choice for him," a source says. "I don't think it's because there is anything wrong with their relationship or they don't like her, but there is concern that she is too much of a free spirit to be happy in the royal family long-term. They worry that she wouldn't be able to fully adapt to that lifestyle. They think she's too carefree and would find it difficult to live by the protocol that comes with the job, which of course it is. It might be too much of a constraint for her. And that could cause problems for everyone."

Sunset Skating Club
Skate Canada Member #1001005
Learn to skate with CanSkate
PRE-CANSKATE: For ages 2.5 to 5
Learn to Skate lessons for tots; class sizes of 6 skaters or less with plenty of individual attention
CANSKATE:
The #1 Learn to Skate Program in Canada: 45min of instruction by certified Skate Canada Coaches
JUNIOR DEVELOPMENT:
Group lessons introducing Figure Skating
2014 Spring CanSkate Schedule
Mon 5:45pm / 6:30pm Apr 7th/Jun 30th $130
Fri 5:15pm / 6:00pm Apr 4th/Jun 27th $130
Sat 9:45am /10:30am Apr 5th/Jun 28th $130
Sun 1:00pm / 1:45pm Apr 6th/Jun 29th $130
390 East 51st Avenue, Vancouver, BC
604-321-1330
info@sunsetskatingclub.com
Register ONLINE or IN PERSON. Visit our website for more information. Our office located inside the arena and beside the trophies display.
www.sunsetskatingclub.com

The Word

Looks like someone skipped their love vaccine

If Donnie Wahlberg wants to get vaccinated against anything, he should do it soon: He and Jenny McCarthy are engaged.

McCarthy got choked up Wednesday morning on The View as she announced her engagement to 44-year-old actor Wahlberg, and her cohost Barbara Walters offered her apartment as a wedding venue. McCarthy and Wahlberg have been a couple since July 2013. They met on the set of McCarthy's now-defunct talk show.

McCarthy had hinted to her Twitter followers earlier in the day that she had some big news in the pipeline.

This will be the second marriage for both bride and groom. McCarthy was married to John Mallory Asher from 1999 to 2005. They have an 11-year-old son, Evan. She also dated actor Jim Carrey from 2005 to 2010. Wahlberg was married to Kim Fey from 1999 to 2008. They have two sons, Xavier and Elijah.

No word on where the bride and groom are registered, but I'm planning to send them an elegant bouquet of vaccines.

Elizabeth Olsen

Avengers: Age of Secrecy? Olsen 'terrified' to spill any info about movie

Elizabeth Olsen admits she was more than a little intimidated about joining the returning superheroes of next year's Avengers: Age of Ultron, but being the new kid on a super-team isn't nearly as daunting as maintaining the level of secrecy a Marvel film requires. "Any time they give us a call sheet or any time there's a new draft, they have to shred our old papers. I don't think I'm allowed to say anything. And I'm too terrified," she tells Flaunt magazine. "I really just feel like I'm doing something that's top secret and somehow has a lot more importance than anything else I've been around, so that alone is hilarious. I want to take a photo and send to my friends — not that I want to tweet or Instagram it, just for personal reasons — and I feel like I'm going to get in trouble if I take a photo on set."

Twitter

@aaroncarter
The Forrest Gump soundtrack is the epitome of my life.

@kirstiealley
It's hard to be funny these days...many take things literally ... and social media trolls think they are literate.

@iamwandasykes
My in-laws are staying with us. Fondue for dinner...I feel like I just ate four grilled cheese sandwiches.

Life BRAND
Your health. Made easier.
Facts of Life
A Name You Can Trust. A choice for over 50 years, Life Brand is our top selling Health Brand.
SHOPPERS DRUG MART

A runway that's run their way

The Anti-Agency is the modelling agency that won't get in line and conform. The founders explain why their company favours an attitude and a backstory over a conventional cut 'n' paste face

Mimi Wade / ANTI-AGENCY

Amy Blakemore / ANTI-AGENCY

Chris Tanner / ANTI-AGENCY

"I have no problem with models getting their tits out but I do have a problem when there's an extreme disparity between how men and women are presented," asserts Anti-Agency model Amy Blakemore. The shaven-headed, award-winning poet adds, "Implied submissive is the only thing that I would refuse to do for a client — it's a feminist principle thing." She chuckles.

It's not an opinion that's often vocalized amongst the fashion industry, let alone its silent model subjects. "We don't hire people who want to be models," says Anti-Agency co-founder Pandora Lennard. Lennard and her business partner Lucy Greene, who are officially launching the London-based agency this month, put no pressure on any of their ineffably beautiful, tattooed and pierced model misfits to conform to any industry standard statistics. They're in control of their appearance from body hair to BMI, as well as the jobs that they take on.

The fashion world has never truly been a great advocate of free speech or choice amongst its models. So are the 24-year-old founders not concerned that outspoken individuals could potentially be bad for business? "Brands like someone who authentically represents their identity," argues Greene. "They know they're not going to get some quiet model; they're bolshie but well-behaved."

It's an attitude that fits well with clients such as Dr. Martens, Vivienne Westwood and ASOS. "If you're being booked through the Anti-Agency, both the model and the brand know what to expect," says musician, model and barman Chris Tanner. Makeup artist and model Portia Williams agrees, "They take you on for who you are and not just the way you look."

The fashion stylists' counter-intuitive business model suits a generation of 20-somethings who can't be defined by a single job title — it's the rise of the model / DJ / any other artsy career.

"Our models are aspirational and people want to get to know them beyond just an image," says Lennard. They're part of a new wave of 'personality girls' like "[rainbow-haired] Chloe Norgaard, Cara Delevingne and Kendall Jenner."

Indeed, social media self-promotion has the public tuning in to the private lives of models in a previously unprecedented way. "It's about them as individuals," says Greene. It's the reason in the celebrity sphere that we expect the impromptu Instagram image of Delevingne's tongue or Miley Cyrus' bum. The talent agents use social media themselves to scout for future faces. "You can see into their lives through Facebook and Instagram," explains Greene. "It's Facebook stalking. We've had 2 a.m. phone calls like, 'Have you seen this girl?'," admits Lennard.

The new model beauty: Portia Williams / ANTI-AGENCY

And for the duo — who first saw the business as an opportunity to help out their cash-starved creative friends — it's time to take advantage of fashion's current craze for kookiness and expand their 50-strong roster to the global market. And who knows, the Anti-Agency's new model army might just make conventional beauty seem oh so last season.

METRO WORLD NEWS IN LONDON

Canadian street style

Spotted in: Toronto

Name: Jennifer Dang

Age: 26

Occupation: Bridal Stylist and Buyer

What she's wearing:
"Ninety per cent of the time, you will find me wearing a dress. I made my knee-length black chiffon skirt from an old bridesmaids dress from Ferré Sposa, which has become a staple piece in my wardrobe. My top is actually a dress I ordered online from forever21, along with my belt. I'm also wearing black suede pumps from Michael Kors, an oversized purse from H&M and my Jacket is from Mackage."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!

Have you ever considered using activated charcoal to help improve your skin? Go online to Trends Report to check out all the latest charcoal skin-care products that have recently flooded the market and let me know, is this really a new beauty secret or have you been using charcoal-based skin-care products for years?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo courtesy of Sephora

LIFE

Earn your stripes

Regatta-style stripes aren't just for the cucumber sandwich set. It's the season to sport your club colours.

METRO WORLD NEWS

Sunspel

double red stripe boxer shorts, $45, sunspel.com

Topman

navy and white stripe T-shirt, $24, topman.com

Ami

striped trousers, $300, mrporter.com

Saint James Minquiers

striped top, $65, stuartslondon.com

Show your colours / BEN HOSKINS/GETTY IMAGES

Oar-some style

Join the rowers — oars and all — in a Henley shirt. It's the collarless cut that'll keep you on stroke with classic regatta style. At least you'll look the part even if your body's not boat-ready.

- **H&M Henley shirt,** $10, hm.com

SPRING INTO SHAPE
April is here, and you've got 30 days to start your body on a path to a healthier you!
For the next 30 days we're offering 3 ways to save with $30!
TRY US FOR 30 DAYS for $30 with no contract!*
TAKE $30 off a new personal training package***
GET $30 off you membership enrolment **
STEVE NASH FITNESS WORLD & SPORTS CLUB
TRUE 2 FORM
VISIT US ONLINE SNCLUBS.COM
CALL US 604.495.NASH (6274)
*CERTAIN CONDITIONS APPLY. $30 MEMBERSHIP ONLY APPLIES FOR A 30-DAY TEMPORARY MEMBERSHIP. DOES NOT APPLY TOWARDS CONTRACT DUES. OFFER EXPIRES APRIL 30TH, 2014.
** CERTAIN CONDITIONS APPLY. $30 DISCOUNT ONLY APPLIES TO JOINING FEE.
*** $30 PERSONAL TRAINING CREDIT ONLY APPLIES FOR FIRST TIME PERSONAL TRAINING CLIENTS. LIMIT OF ONE PACKAGE PER PERSON. OFFER EXPIRES APRIL 30TH, 2014.

IT'S A MATTER OF MAKING A SHIFT

TRY TO TREAT THE EARTH PROPERLY

FLICKR/CHIOT'S RUN

Every year, Earth Day Canada organizes a campaign for the month of April to help educate and engage people of all ages and backgrounds to lower their environmental footprint. With Earth Day approaching on Tuesday, the Make It Count campaign is focusing on four action categories — eat, grow, transform, and share.

Canadians have been encouraged to set a goal for the number of actions they want to complete in each category throughout the month and count them using an online printable calendar. Then they are invited to share the results using the #MIC4ED hasthag to compare totals with friends, classmates, colleagues and people in other parts of the country.

Earth Day Canada president Deb Doncaster believes it's important to integrate Earth Day practices into regular activities; it's something she strives to do herself.

"Every day, I ride a bike to work and walk my son to school," she says. "I don't own a car, I'm a member of a local food co-op and I grow vegetables in my backyard."

Making seasonal, sustainable food choices is part of Make It Count's mission. Where we buy our food, what we eat and how we handle food waste can have a huge impact on the environment, economy and society.

Plants help purify and regulate the water cycle, store large amounts of carbon dioxide and are found at the base of the food chain. Tending to indoor or outdoor plants, herbs or vegetables is an easy place to start making a difference.

"Each Canadian has a responsibility to do what they can to lessen their impact on the Earth," Doncaster says. "But integrating this into your daily activities has many great personal benefits, too, such as reducing stress and leading a healthier lifestyle. It's just a matter of making that shift." – *Jane Doucet*

CANADIAN WILDLIFE FEDERATION / FÉDÉRATION CANADIENNE DE LA FAUNE

CELEBRATE EARTH DAY!
Walk for Wildlife
April 6 - May 22, 2014

You could win a trip to Calgary and participate in species-at-risk conservation field research.

Give a HOOT!

Prizing Sponsors
calgaryzoo
DELTA BOW VALLEY

Get walking, Canada! This year when you join the Canadian Wildlife Federation's Walk for Wildlife, you can help support CWF's conservation efforts on behalf of at-risk species, like the burrowing owl.

Register for FREE at WalkForWildlife.ca

The Walk for Wildlife Fundraising Loyalty Program is open to Canadian residents who are not residents of Quebec. To enter, participants must register at **WalkForWildlife.ca** before May 22, 2014. Once submitted, all contest entries become the property of CWF. Minors participating in this contest must receive written permission from their parents or guardians before participating, and be prepared to share this proof of permission with CWF when requested. Prizes must be accepted as awarded and are non-transferable, nor can prizes be redeemed for cash value. Estimated total value of the grand prize is $2,865.00. Full terms and conditions are available at **WalkForWildlife.ca**.

UBC Continuing Studies

Summer Institute in Sustainability Leadership

An engaging, educational, inspiring course with excellent content and second-to-none speakers.

Nikie Lloyd, Client Engagement & Operational Sustainability, Deloitte, BC

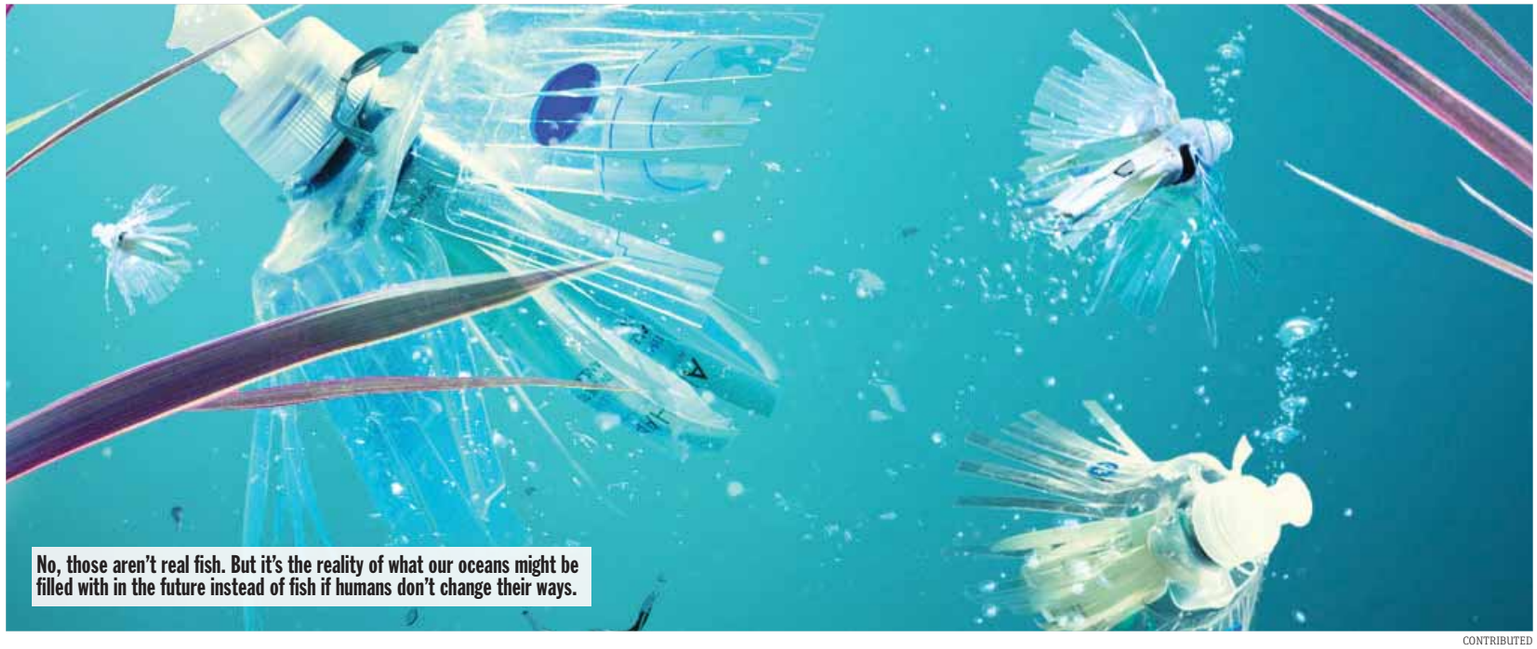
This summer, accelerate your leadership in sustainability strategy with the **UBC Summer Institute in Sustainability Leadership**. This award-winning program features influential thinkers from private and public sectors, including sustainability strategist Coro Strandberg, and acclaimed authors and sustainability advisors to governments and leading corporations, Brian and Mary Nattrass.

Gain the perspectives to create strategy, develop plans and manage sustainability projects while sharing best practices with fellow participants.

July 7-11; UBC Vancouver. ***Register by May 16 to save $500.***

cstudies.ubc.ca/SISL

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA



No, those aren't real fish. But it's the reality of what our oceans might be filled with in the future instead of fish if humans don't change their ways.

CONTRIBUTED

UNEARTHING THE OCEAN'S PROBLEMS

SODASTREAM ELIMINATES THE NEED TO BUY PLASTIC BOTTLES

As plastic garbage in our oceans becomes more and more of an issue, one company is committed to reducing plastic waste — one delicious and bubbly beverage at a time.

SodaStream is a home beverage system that eliminates the need to buy sparkling beverages in plastic bottles. This not only results in a smaller carbon footprint, but specifically eliminates the use of a single-use plastic bottle entering the global ecosystem. Most Canadians, and people around the world, have no idea about the amount of plastic that is manufactured every day in the name of soda. Startlingly, big soda manufacturers make more than 1.8 billion plastic bottles daily, and experts estimate that, after we are done enjoying what's inside them, less than 50 per cent of them are ever recycled. That's almost half a billion bottles daily that end up without a destination. So they end up in landfill or the ocean. And the oceans are showing it.

"Basically, the world's oceans are plasticized," says Marcus Eriksen, executive director of the 5 Gyres Institute, a conservation group that researches the amount of plastic in the planet's seas.

What's a gyre? The world's large bodies of water are split into five oceans — the Pacific, Atlantic, Indian, Soutern and Arctic, as geography class taught us — but they are also dynamic and have currents that flow in a generally circular pattern. These are called gyres. Trash that enters the ocean swirls around and eventually accumulates in central areas of the gyres. And those central areas have been found to be full of plastic. Bottles, bags, containers, cords, applicators, shipping materials, and almost everything else humans have ever used and discarded to never think about again. One of the areas alone is twice the size of the state of Texas. The Algalita Marine Research Institute estimates that there could be as much as 200 million tonnes of plastic trash in our oceans. This plastic threatens shipping lanes, satellite searches, and, most importantly, Earth's wildlife.

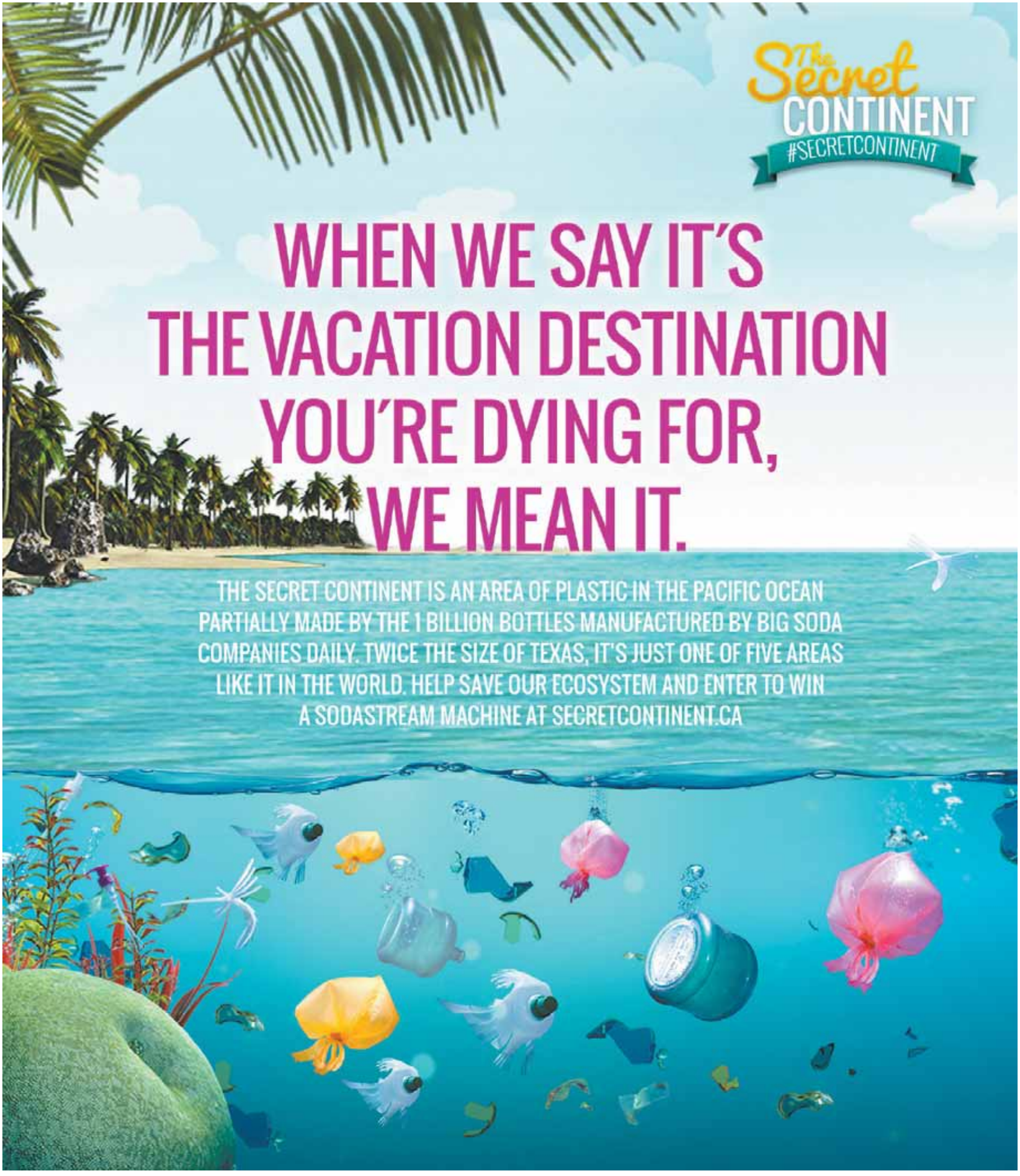
CONTRIBUTED

Yes, birds and aquatic life are bearing the brunt of this. They eat what they can find. And the reality of what they can find in these areas is just a whole lot of plastic. Who knows what the impact of this is going to be on our food chain? This is one of the cornerstones of how humans, and other animals, sustain themselves. Plastic is entering into it, and that travels up the chain.

The news, unfortunately, gets worse when you consider that, unlike other organic material, plastic breaks down, but never really separates into its original elements. Although some plastic can take as much as 700 years to break down, it actually just becomes smaller and smaller pieces of — you guessed it — plastic. It's estimated that 93 per cent of the plastic in our oceans is smaller than a grain of rice.

Clearly, our best strategy is that, as responsible creatures on this planet, we have to reduce the amount of plastic we use and discard. SodaStream's mandate is just that. Its mission is to deliver you a delicious carbonated beverage, but without the single-use plastic bottle. Just one SodaStream multi-use bottle can replace up to 2,000 plastic bottles every year with the touch of a button. That's less waste and less of a carbon footprint. This is just the beginning of the types of strategies we can all employ to be more environmentally aware. You don't have to think about giving up soda, just the outdated and wasteful way you get it.

As we get ready to celebrate the Earth for one day, and how it has given birth to us and sustains us, it's time to consider our actions. And be more responsible for them. The areas of plastic in our oceans is a problem that isn't going away, and unless we actively take a stand, it will only get bigger and soon be incurable. Companies like SodaStream, that actively find new and innovative ways to reduce our consumption, need to lead the charge from a company standpoint. But as we all know, it's up to each and every one of us to take individual action. Change is never easy. But you don't have to give up delicious soda to do it.


The Secret CONTINENT
#SECRETCONTINENT
WHEN WE SAY IT'S THE VACATION DESTINATION YOU'RE DYING FOR, WE MEAN IT.
THE SECRET CONTINENT IS AN AREA OF PLASTIC IN THE PACIFIC OCEAN PARTIALLY MADE BY THE 1 BILLION BOTTLES MANUFACTURED BY BIG SODA COMPANIES DAILY. TWICE THE SIZE OF TEXAS, IT'S JUST ONE OF FIVE AREAS LIKE IT IN THE WORLD. HELP SAVE OUR ECOSYSTEM AND ENTER TO WIN A SODASTREAM MACHINE AT SECRETCONTINENT.CA

WORKING WITH COMMUNITIES

CONTRIBUTED

Environmental stewardship is a complex and subtle discipline. Many cultures around the world approach it in different ways and they all have their own unique insights and solutions.

The Earth Day Canada Tapestry program began as an acknowledgement that diverse cultural groups have many things to offer the environmental movement. Tapestry aims to bring diverse communities, community organizations and environmental sector stakeholders together in the Greater Toronto Area and southern Ontario over the next two years, and then nationally in years 4 and 5 to come up with new, collective ways to affect widespread and sustained environmental change.

Eduardo Garay is senior adviser — local and international programs at FutureWatch Environment and Development Education Partners. This not-for-profit organization helps connect new Canadians and those living in diverse communities in the GTA and elsewhere with their natural environment. He is on the Tapestry advisory council and his group is one of the stakeholder groups that have joined forces to support Tapestry.

"Tapestry is an upshot of a diversity research project conducted by Earth Day Canada in 2013," Garay says. "We looked at the capacity for an environmental organization that could work with a variety of communities."

Tapestry's goals include establishing more diversity on environmental sector boards and developing a diverse group of speakers who can communicate environmental issues to the media, to the general public and to interest groups. It is also developing a two-year community leadership program and a web-based resource toolkit that will be available in 10 languages.

The Tapestry program is sponsored by the TD Friends of the Environment Foundation and the Ontario Trillium Foundation.

– Tom Mason

M.E. LaZerte School in Edmonton won a $25,000 computer lab from Staples Canada.

CONTRIBUTED

RECYCLE FOR EDUCATION

Winning a new computer lab for your school is impressive enough. For the 700 schools across Canada that took part in this year's Recycle for Education program, the chance to make a difference to the environment and their planet was the real reward.

The competition, sponsored by Staples Canada in collaboration with Earth Day Canada, gave 10 participating schools the opportunity to win a suite of computer equipment worth $25,000 to each school, for submitting the details of their own green plan.

"When we heard that we had won grant money from Staples for our school, we were ecstatic," says Shelley Kofluk, student leadership department head at M.E. LaZerte School in Edmonton, one of last year's winners.

Leigh Pearson, director of facility, environmental and procurement at Staples Canada, says the Recycle for Education program squares perfectly with her company's core values.

"We're passionate about education and we're also passionate about the environment. We can learn a lot from students when it comes to finding ways to protect our environment. They have a lot to tell us, and the Recycle for Education program gives us a way to tell their stories."

– Tom Mason

CONTRIBUTED

HOMETOWN HEROES

TEAMS TACKLE THE ENVIRONMENT

CONTRIBUTED

In February 2011, Lyda Salatian founded the Lower Mainland Green Team, a group of volunteers who help Metro Vancouver parks, municipalities, non-profits and other organizations tackle environmental issues through teamwork and co-operation.

The Green Team combines Salatian's passion for the environment and her organizational skills. Volunteers have planted native plants and trees, such as Douglas fir, Western red cedar and Sitka spruce, picked up litter, removed invasive plants, such as English ivy, Scotch broom and periwinkle, and prepared and harvested vegetable beds, among other initiatives.

Earth Day Canada chose the Lower Mainland Green Team as the recipient of its 2013 Hometown Heroes Group Award, which recognizes a Canadian group that demonstrates outstanding environmental leadership, commitment and achievements in local communities.

"The Hometown Heroes Award sends a message that the work of our volunteers is very much valued and respected," says Salatian, the Lower Mainland Green Team's director.

Salatian has been so inspired by her volunteers that in the past year she founded a charitable organization called Green Teams of Canada, through which she plans to start other green teams in British Columbia and across Canada. This summer she will be riding her bike from Victoria, B.C., to St. John's, N.L., to raise funds and awareness about Green Teams of Canada.

In the meantime, Salatian and her volunteers are basking in the glow of the Hometown Heroes Group Award win, which she feels her team shares symbolically with all of the hard-working environmental stewardship and watershed groups across the country.

Salatian has already invested the $10,000 Hometown Heroes Group Award cash prize — made possible by program sponsors Mill Street Brewery and RBC — in a worthy initiative.

"Our Green Team put the money toward running more activities to engage youth and at-risk youth. It's so important to instill an environmental ethic in younger generations."

– Jane Doucet

Recycle with style at Value Village

Paid Advertisement

DID YOU KNOW?

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association, Big Brothers of Greater Vancouver, Big Brothers Big Sisters and Developmental Disabilities Association. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more information on Value Village's nonprofit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit **valuevillage.com**.

GOOD JOB BOB!
Save 30%

When you donate two bags or boxes of reusable clothing or household items at the Community Donation Centre located at Value Village! Now thru May 3, 2014. Value Village pays local nonprofits every time you donate, and recycling helps planet Earth! Thank you!

Offer good now thru May 3, 2014. One coupon per visit. Minimum two box/bag requirement. Each box/bag must be equal to or larger than one full brown paper grocery store shopping bag. See coupon for details.

In our community, your donations benefit:

Canadian Diabetes Association

Big Brothers of Greater Vancouver

Big Brothers Big Sisters

Developmental Disabilities Association

Donate at:

ValueVillage

PROUD OF YOU SUE!

YOU JUST DONATED AT VALUE VILLAGE.

YOUR DONATION OF CLOTHING AND HOUSEHOLD ITEMS JUST BECAME FUNDING FOR A LOCAL NONPROFIT AND HELPS THE ENVIRONMENT. FEELS GOOD, RIGHT? WE KNOW!

In our community, your donations benefit:

Canadian Diabetes Association

Big Brothers of Greater Vancouver

Big Brothers Big Sisters

Developmental Disabilities Association

Donate at:

ValueVillage

www.valuevillage.com

Abbotsford 31970 S Fraserway • **Burnaby** 7350 Edmonds St • **Chilliwack** 45150 Luckakuck Way • **Coquitlam** 540 Clarke Rd • 2739 Barnett Hwy • 1301 United Blvd **Hastings** 1820 E Hastings St • **Langley** 20501 56th Ave • **Maple Ridge** 11998 207th St, Unit #4 • **Newton** 6925 King George Blvd **Richmond** 8240 Granville Ave **Surrey** 10642 King George Hwy • **S Vancouver** 6415 Victoria Dr • **Opening May 15** in **Queensborough**! 1135 Tanaka Court

STEAL THE SHOW

WITH FANTASTIC WHITE TEETH

SHUTTERSTOCK

If you have ever watched makeover shows on TV, you know that no matter what the experts do to hair, makeup and wardrobe, when the big reveal occurs and the guest steps out onto the stage, the person's teeth are always straighter, polished, and noticeably whiter.

Everyone steps into the limelight regularly in some way and having a beautiful whiter smile will steal the show every time.

Whitening teeth is one of the easiest and most impactful cosmetic changes you can make today, and it's no longer just a Hollywood thing. In fact, research has shown that most people would prefer to have whiter teeth. And they can. Whitening teeth is both affordable and easy to do for everyone.

So why do pearly whites dull down and lose some of their bright, white lustre?

With some people, it's genetics. They are born with teeth that are just more yellow than white.

Other people notice that, over time, their teeth discolour, which can happen as a natural part of aging.

Certain lifestyle habits accelerate discolouring. Smoking is very hard on teeth (and your body) and leaves yellowish nicotine stains.

Drinking dark liquids can affect the shade of teeth, too — think coffee, tea, and red wine — and even pigmented foods such as cherries, blueberries and beets can leave stains. Some experts suggest putting milk or cream into coffee and tea so they aren't so dark. But you have to be realistic, too. If you enjoy these drinks and foods, just be sure to brush your teeth after ingesting them.

Certain medications, as well as plaque and tartar, can affect the colour of your teeth, and that's why it's important to have your teeth cleaned regularly and to practise good dental hygiene.

Whitening your teeth will help remove stains and brighten your smile.

But whiter teeth can affect your psyche, too. Research has shown that the condition of your teeth and smile has a lot to do with the way you feel about yourself. While whitening teeth is a cosmetic improvement, the changes a person can experience as a result can be quite momentous.

To ensure these products are right for you, always read and follow the label.

People who have whitened their teeth say they no longer hide their smiles or cover their teeth when they are laughing or talking. They feel better about themselves overall and are more confident.

In effect, whitening your teeth is like wearing a new outfit or getting a fabulous new haircut. It simply makes you feel fantastic. That's a star quality that everyone deserves.

HEALTHY TEETH MAKE AN INSTANT IMPRESSION

Taking care of your teeth by practising good oral hygiene and whitening teeth sends all kinds of messages to the people you interact with everyday.

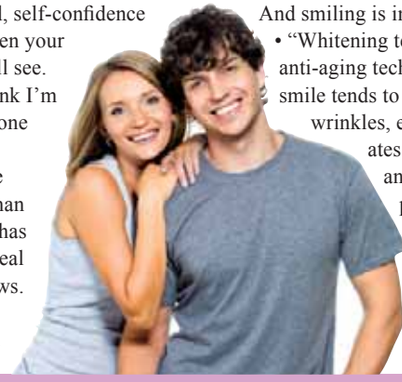
The messages are all good.

• "I feel good about myself." Teeth whitening helps improve your appearance and that makes you feel good. Of course, good, positive feelings are hard to hide.

• "Nothing can stop me now." When you feel good, self-confidence soars — whiten your teeth, you will see.

• "Do you think I'm sexy?" Someone who has nice looking white teeth rather than stained teeth has more sex appeal — and it shows.

• "Happiness is a huge part of me." When people have a bright smile they tend to smile more often. And smiling is infectious.



• "Whitening teeth is a great anti-aging technique." A whiter smile tends to overshadow facial wrinkles, etc., and that creates a more youthful and energetic appearance.

• "So nice to meet you." A smiling face is so much more friendly and approachable than one that is scowling.

• "Taking care of my body and mind is important to me." Whiter teeth are associated with beauty and a healthier lifestyle.

• "Oral hygiene is important to me, too." Whiter healthy teeth make an instant impression with people you know and meet. It's evident that you take care of your teeth — and yourself — and that's fantastic.

SHOW OFF YOUR PEARLY WHITES

Here are some top occasions where a beautiful white smile is on your side.

1 BIG PRESENTATIONS: People really do study you from head to toe when you are public speaking. Prepare by being the best you can be, including whiter teeth.

2 PHOTOGRAPHS: It's OK to want to look your best in photographs. These are lasting memories and whiter teeth make a difference.

3 MEETING NEW PEOPLE: You have mere seconds to make a first impression — a brilliant smile helps to make a good one.

4 GETTING MARRIED: Your wedding day should be perfect, right down to the radiant smile.

5 JOB INTERVIEW: Many people believe that during a job hunt an unattractive smile will hurt their chances for landing a job.

6 FIRST DATE: Most people believe an attractive smile makes a person more appealing as a partner.

7 CLASS REUNION: It's only been 20 years, but your teeth and smile are as bright and white as ever.

I WANT
A **WHITER** SMILE
FOR ALL MY SPOTLIGHT MOMENTS

Crest® 3D White™ toothpaste fights cavities. ©2014 P&G

ORAL-16266

AVAILABLE AT TARGET

Products may vary by store.

AMAZING
LUXURY RESIDENCES
BOUTIQUE RENTAL
BRENTWOOD
A SHAPE CENTRE
AMAZING LIVING
STARTS AT THE 33RD LEVEL
WITH AMAZING PRICES
STARTING AT $299,900.
Introducing Brentwood ONE at Lougheed and Willingdon, the first residences within Burnaby's amazing new master-planned community where home ownership actually starts on the 33rd level. Only here can stunning views, a remarkable entertainment district and an amazing home all be yours for just $299,900.

THEAMAZINGBRENTWOOD.COM

PREVIEWS BEGIN APRIL 26TH. 604.563.8386

SHAPE | LIVING

RENNIE MARKETING SYSTEMS

The developer reserves the right to make changes and modifications to the information contained herein without prior notice. This is not an offering for sale. E.&O.E.

Victorian garden-variety style beats path to 21st century's door

Pluck out of the era.
Create a conservatory-like haven with delicate birdcages & leafy motifs

Those drawn to 19th century style may be pleased to learn that vintage garden decor is a trend this spring and summer.

The look involves florals, weathered wood, wire, period typography, bird motifs and accessories, and other elements with a Victorian vibe, says Tom Mirabile, a trend watcher for Lifetime Brands.

The appeal lies largely in the era's garden-as-haven esthetic, he says.

"We look at the Victorian age as an era when there was just a lot of time," he said at an industry trends seminar earlier this year at the NY Now trade show in New York.

Conservatories, greenhouses and aviaries were popular in stately Victorian-era homes, but even modest residences might have a little birdcage. Fashionable too were ferns, palms and terrariums.

Captivating birdcages
Pottery Barn's got miniature greenhouses this season made of white-painted distressed pine and glass, perfect terrariums for small plants. A replica of a vintage birdcage is made of wire painted hunter green; it's tall enough to house an elegant orchid, but would also work as a tabletop accent.

On a grander scale is the retailer's Conservatory birdcage, a nearly five-foot-long mahogany and wire piece that would fit on a console table or atop a long shelf. While it's dramatic in and of itself, a collection of objects would look amazing inside it. (potterybarn.com)

Patterns in bloom
Floral motifs — and roses in particular — were all the rage during the Victorian era. Art and textiles featured illustrated flora and fauna from home and exotic parts of the world.

Bradbury & Bradbury now offers a couple of art wallpapers derived from illustrations by period artists William Morris and Walter Crane. Fenway has an Art Nouveau-style pattern with irises at its heart, while Woodland showcases the artistry of both Morris and Crane — winsome rabbits and long-legged deer cavort across a leafy landscape. (bradbury.com)

Designer Voytek Brylowski offers prints of works by Victorian illustrators Mary and Elizabeth Kirby. Parrots, toucans, lilies and hummingbirds are hand-coloured, vibrant examples that can be mounted in simple frames and placed near a patio door — or anywhere the gentility and charm of the period might be appreciated. (etsy.com/shop/VictorianWallArt)

Jennifer Stuart, an artist in Tulsa, Oklahoma, has designed a collection of plates depicting damask and floral prints of the 19th century on patio-friendly melamine. (zazzle.com)

And Pier 1's Floria collection has a vintage damask pattern in garnet, soft blue and grass-green in a collection of indoor/outdoor rugs and throw pillows. (pier1.com)

Wicker ways
Cast-iron and wicker furniture and containers were used both indoors and out in the late 19th century, just as today we use rattan chairs in the family room and the garden, or iron plant stands in the kitchen as well as the patio. Restoration Hardware's Hampshire and Bar Harbor all-weather wicker collections include chairs and sofas in restful shades of cream, grey and mocha. (restorationhardware.com)

Early visitors to resorts in New York's Adirondack Mountains discovered the eponymous big wooden chair that's withstood hundreds of years of style changes. A good selection in both real wood and Polywood, a recycled plastic resembling wood, is athayneedle.com.

Baskets weave a spell
West Elm's collection of soft yet sturdy braided baskets, woven of bankuan grass, evoke French laundry bins. Use them as storage in any room; the natural colour makes them versatile. (westelm.com)

Turquoise chicken-wire baskets and cloches can be found at farmhousewares.com, which also has a vintage-style garden supply shop sign in the form of a hand. Galvanized planter pots in sets of six would make great receptacles for herbs or miniature blooms.

THE ASSOCIATED PRESS

A tall birdcage, finished in a distressed green painted wire, can be filled with a plant or just used as a decorative tabletop accessory. Victorians were fond of birds in all iterations, from illustrations to textile motifs to aviaries large and small. POTTERY BARN/THE ASSOCIATED PRESS

Pine for a tiny terrarium

A terrarium made of distressed painted pine and glass replicates early greenhouses, popular during the Victorian era. POTTERY BARN/THE ASSOCIATED PRESS

Hand it to the Victorians

A metal sign from Farmhouse Wares, printed on both sides, is wall art with graphic punch and old fashioned charm. FARMHOUSE WARES/THE ASSOCIATED PRESS

The birdcage is the word

A large Conservatory birdcage made of mahogany and wire would look striking alone, or filled with elements of a personal collection, or even plants. POTTERY BARN/THE ASSOCIATED PRESS

Climb real estate ladder in style

Easy-to-move pieces.
Decorate the smart way while 'buying up' to your dream home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

So many ambitious homeowners are afraid to invest money in their places, knowing they will be moving onward and upward every couple of years until they reach the final home of their dreams.

Owning a temporary or transitional space doesn't mean it can't evoke style and reflect your taste. That being said, investing in custom decor ideas for each place can be a huge waste of money as you move your way up the real estate ladder. To help inject style and trends into your life until you finally reach your dream home, the secret is to think like you're living in a temporary rental.

Here's where you should and should not spend your money:

DON'T invest in fancy trims, moulding installations or painting an entire room. Adding easily-removable wall decals or painting a focal wall a fashionable colour are two options that can easily be removed or erased when you are ready to sell.

DO invest in large accessories that can make an impact in your home. Fine art, carpets, side tables and lamps often help inject much-needed high design in a boring space. Spend as much as you can afford and keep them forever; these sort of things can move easily to your next abode, travelling with you for life.

DON'T overspend on custom pieces that cannot be used in your next home. L-shaped sectional sofas, custom closet fittings and outdoor furnishings are all site-specific in size and make for lousy investments when living in short-term accommodations.

DO spend money on upgrades that will get you a better buck when you sell. Stone kitchen counters, wood floors and pre-wiring for technology are all upgrades that you can enjoy knowing you'll get your money back when selling.

Mortgage Interest Rate now only 2.97% 4-Year Fixed Rate*

Apply today for a TD Mortgage

With various mortgage interest rates, terms and special offers, you can find the mortgage that's right for you.

Visit a branch or tdcanadatrust.com/mortgagerates

TD Banking can be this comfortable.

*2.99% APR

The Annual Percentage Rate (APR) is based on a $350,000 mortgage, 25 year amortization period and a property appraisal fee of $300. The mortgage interest rate includes a discount off of the 4-Year Closed Fixed Term Mortgage interest posted rate. Mortgage interest rate calculated semi-annually, not in advance. Applies to residential real estate. Funding must be completed within 120 days of application. Some conditions apply. Offer may be changed, extended or withdrawn at any time without notice. ®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Accessories that travel are great investments in temporary locations. Motely rug, $400, CB2.com.
ALL PHOTOS CONTRIBUTED

No need to paint or add mouldings to add character to your space; simply stick up removable wall decals and create the focal wall of your dreams. Wall Pops Stripes from $15, WallPops.com

Investing in an easily-moved home accessory means enjoying it for life. My expensive dream: Bell Side Table by Sebastian Herkner, $3,200, Avenue-Road.com

Choosing a whiter shade of paint

So many options. Tips to help narrow down the right hue for you

A room painted with several different shades of white. The warmer white on the wall inset punctuates the classic trim detail and adds to the formal feel of the space. MICHAEL PARTENIO/BENJAMIN MOORE/THE ASSOCIATED PRESS

So you want to paint a room white. Sounds easy, until you go to the hardware store to buy paint and discover there are dozens of whites to choose from.

Many have familiar yet poetic names that conjure up ever-so-slightly different hues: Cream, pearl, vanilla, snow, chalk, ivory, jasmine, bone. But the closer you look, the more confusing the choices are. You want a plain, basic white, but the purest white on the colour chart looks a little harsh next to all those soft shades with just a hint of something else — beige, grey, peach, rose, yellow or the palest-ever blue or green.

Often people default to white because they don't want strong colours in their home. But as it turns out, "it's harder to choose white than any other colour," said Sharon Grech, a colour design expert at Benjamin Moore Paints.

She says Benjamin Moore alone offers more than 150 whites, and "when people are choosing white, I see more people unhappy or making a mistake or being shocked at the colour than when they choose other colours."

And watch out if you go with a pure white untinted by any other hue. Leatrice Eiseman, executive director of the Pantone Color Institute, which maintains colour standards, says "the purity and cleanliness" of the purest whites "can also make them feel very sterile and cold. And you can literally get eyestrain from too much dazzling white. So you've got to be cautious. Most people don't want to live with hospital white."

More so than with other colours, whites are also more influenced by colours around them, so Grech says it's crucial to try a sample to see how it looks in the room. Buy a pint and paint a two-by-two foot board that you can move around your home. "Sometimes the sun hits it one way or another at different times of day, or it looks different against the rug, or you realize it's got a lot of pink in it or green in it," she said. "It might look totally different in the morning than at night."

The paint sheen makes a difference, too, whether matte (a flat paint) or a shiny high-gloss. One recommended mix is a semi-gloss trim with matte on the walls.

And don't forget the ceiling. "More people are thinking of the ceiling as a fifth wall," Grech said. "Think about it in terms of all the rooms that white is going to be flowing through on the ceiling."

Most people want flat paint on the ceiling, but if you want to bring focus to the ceiling, a semi-gloss or high gloss can look "spectacular" in the right space, she said.

James Martin is an architectural colour consultant whose company, the Color People, designs colours for buildings. "If you're going to have white, you want to use a warm white — yellow white, peachy white, rosy white. Anything you live with, you want it to be warm," he says, adding that it's especially important in an old house. "If you use a warm white, you'll see all the wonderful details in the surrounding woodwork much better."

He notes that "white kills art. When you put a piece of art against a white wall, it isolates the painting so it becomes like a postage stamp — a thing in a box. If you put the same painting against a colored wall, it eliminates those boundaries, pulls the colours out of the painting, and brings the painting to life."

Martin doesn't like white walls, though he'll use off-white on a ceiling. He cautions that bright white trim and a bright white ceiling will make other colours look brighter than they would if you were using an off-white. What can work, he says, "if you really like white," is to choose a warm white for walls in a flat sheen, then high-gloss trim the same colour. "It's a very sexy, subtle thing to do," he said.

Don't pick colours online, advises Martin, because they can be distorted. But there is an art to studying the paper fan deck of paint colours in the store. Bring a white piece of paper with a square cut out so you can focus on the colour you're considering without being influenced by the hues around it.

And if you're colour-challenged and unsure whether the white you're eyeing is more rosy or the orange side, follow it in the fan deck from its palest iteration to its deepest, to see its true undertone. Warm tints include red, orange, yellow, and offshoots like peach and apricot, but if you want to cool a room off, go for colours like blue and purple. In between are the neutrals — taupe, grey, beige.

And don't get overwrought about the choices.

"I think most people have more judgment than they think they do," Eiseman said. "You look at something, you have a doubt about it because your eye is telling you something is off here. Or you look at it and it pleases you. In the end, it's your eye and your comfort level."

THE ASSOCIATED PRESS

A fan deck of paint colours consumers can look through at a hardware store can help decide what colour to buy. Often people say they want to paint a wall white because they don't want strong colours in their home, but as it turns out, there are dozens of whites to choose from in ever-so-slightly different hues, making the question, "Which white?" a difficult one to answer. BENJAMIN MOORE/THE ASSOCIATED PRESS

White kills art

"When you put a piece of art against a white wall, it isolates the painting so it becomes like a postage stamp — a thing in a box. If you put the same painting against a coloured wall, it eliminates those boundaries, pulls the colours out of the painting, and brings the painting to life." Colour consultant James Martin

The grey undertone in the wall colour of this room painted several different shades of white adds a cooling effect to balance the warmth in the gilded accessories and antique wood furnishings. BENJAMIN MOORE/THE ASSOCIATED PRESS

Dress ham up in its Easter best

Glazed Sweet Potato Ham. While Thanksgiving is the traditional meat-stuffing time of the year, it doesn't have to be the only one

Thanksgiving, we stuff turkeys. Easter we stuff ... Hams!

It's not as crazy as it sounds. And it's much easier than you think.

The result? A delicious and beautiful baked ham stuffed with layer upon layer of sweet potato slices.

The trick is to use a spiral-cut ham. All those slices are the perfect place to insert a bit of flavour and colour to your ham. Simply start at one slice, use your fingers to gently peel apart the layers, then insert thin slices of sweet potato.

And if sweet potatoes aren't your thing, the same approach would work with butternut squash or Yukon Gold potatoes. Just be certain to slice the vegetables as thinly as possible. A mandoline is your best bet.

1. Heat the oven to 350 F .

2. Using a mandoline, slice the two large sweet potatoes very thinly. Place the spiral-cut ham, cut side down, in a roasting pan.

3. Carefully separating the layers of the spiral-cut ham, insert slices of sweet potato into each layer. Repeat this until every layer of the spiral-cut ham has been filled.

4. In a small bowl, stir together the apricot preserves and the black pepper, then spread the mixture all over the surface of the spiral-cut ham, ensuring it is evenly covered.

5. Bake Glazed Sweet Potato Ham for about 2 to 3 hours, or until the ham is heated to 160 F at the centre and the potatoes are tender. Allow the finished ham to rest for 15 minutes before slicing.

THE ASSOCIATED PRESS

Nutritional information

Per serving

- **400 calories; 200 calories from fat (50 per cent of total calories); 23 g fat (17 g saturated; 0 g trans fat); 110 mg cholesterol; 19 g carbohydrates; 1 g fibre; 110 g sugar; 31 g protein; 1860 mg sodium**

Ingredients

- 2 large sweet potatoes, peeled
- 7- to 9-pound spiral-cut ham
- 10-oz jar apricot preserves
- 1 tsp ground black pepper

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

3 DAYS ONLY APR 17-19
USED CAR SALE
ALL INVENTORY MUST GO
SALE STARTS NOW!!

2007 CHEVROLET UPLANDER
K13463A
Captains Chairs, Auto Power Group, A/C, FWD
SALE PRICE $6,995 $40.70 /WK

2012 SUZUKI KIZASHI 'S'
Y12090
Only 3,000km's, Bluetooth, Memory Seat Power Group, Climate control USB, 17" Alloys
SALE PRICE $18,995 $101.47 /WK

2008 HONDA ACCORD EX-L
AB10473
Leather, Sunroof Climate Control Satellite Radio
SALE PRICE $16,995 $91.24 /WK

2007 MAZDA RX8
AB10492
Climate Control Heated Leather Seats, Bose Stereo, 6-Speed Sunroof, Manual
SALE PRICE $11,995 $65.65 /WK

2000 FORD F150
AB10321B
Auto, 4X2 Tool Box, Bed liner Regular Cab
SALE PRICE $3,995 $24.72 /WK

2006 PONTIAC TORRENT
AB10486
Auto, 3.4L, V6 A/C, Power Group 16" Alloys
SALE PRICE $6,995 $40.07 /WK

2008 SUZUKI XL7
S13519AA
AWD, Leather, Sunroof 7 Passenger, Power Seat
SALE PRICE $10,995 $60.54 /WK

2008 PONTIAC SOLSTICE
AB10336 GXP
Only 78,000km's 18" Alloys, Leather M/T, A/C, Power Group
SALE PRICE $17,995 $96.35 /WK

2009 TOYOTA PRIUS
S14036A Hybrid
Only 42,000km's 16" Alloys, Power Group Steering Controls, Auto
SALE PRICE $17,995 $96.35 /WK

2004 DODGE DURANGO
AB10411
Leather, Sunroof Climate Control, Steering Controls, Heated Seats
SALE PRICE $7,995 $45.19 /WK

RICHMOND SUZUKI
3771 NO.3 ROAD, RICHMOND, BC OPPOSITE YAOHAN CENTRE
www.richmondsuzuki.com CALL 1.888.716.0973

Bridgeport Rd
Sea Island Way
Capstan Way
River Rd
No.3 Rd
RICHMOND SUZUKI
Cambie Rd

CFL

Riders lock up franchise QB

The Saskatchewan Roughriders rewarded quarterback Darian Durant on Wednesday.

The CFL club signed Durant to a multi-year contract extension after he guided the Riders to a Grey Cup title last year, just the fourth in club history.

Durant was entering the option year of his CFL deal.

Durant, 31, has spent his entire eight-year CFL career with the Riders.

THE CANADIAN PRESS

Monte Carlo Masters

Raonic OK on clay

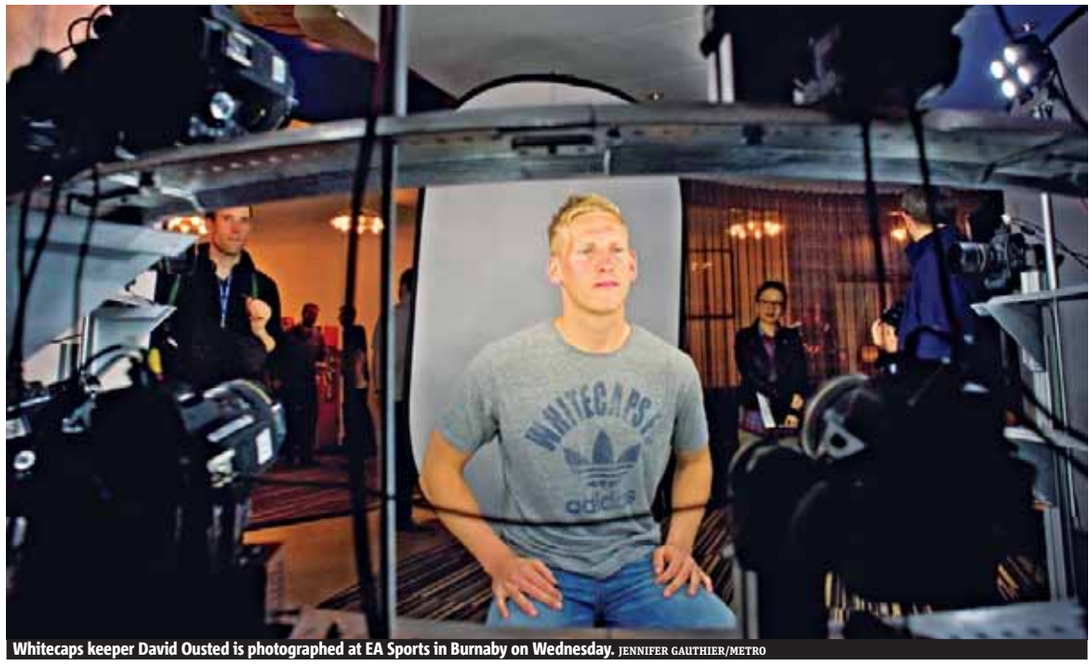
Canada's Milos Raonic opened his clay-court season with a second-round victory over Taiwan's Yen-Hsun Lu at the Monte Carlos Masters on Wednesday.

The No. 8 seed from Thornhill, Ont., rebounded nicely after dropping a first-set tiebreaker in the 6-7 (4), 6-2, 6-1 win.

Raonic, who had a first-round bye, fired 19 aces.

THE CANADIAN PRESS

Scan this image with your Metro News app to see how some other stars did on Wednesday in Monaco. JULIAN FINNEY/GETTY IMAGES



Whitecaps keeper David Ousted is photographed at EA Sports in Burnaby on Wednesday. JENNIFER GAUTHIER/METRO

'We're a work in progress': Lenarduzzi

MLS. Whitecaps look to snap two-game losing streak when they host the L.A. Galaxy on Saturday

CAM TUCKER
cam.tucker@metronews.ca

The bar was set maybe too high for the Vancouver Whitecaps after the opening of the 2014 Major League Soccer season.

After going undefeated with a record of 2-0-2 in March, the local club has since lost two consecutive games. It now prepares to face the L.A. Galaxy in the back half of a two-game home-and-home set that concludes at BC Place Stadium on Saturday.

Right back Steven Beitashour, in his first year with the Whitecaps, put it best on Wednesday, as members of the Whitecaps showed off their video game skills at EA SPORTS in Burnaby: There's absolutely no reason to panic yet — the season is only six games old.

"We're a work in progress," added Whitecaps president Bob Lenarduzzi.

The Whitecaps came roaring out of the starting gate, thumping the New York Red Bulls in spectacular fashion in the season opener and earning a solid home victory over Houston a few weeks later. In between were a pair of scrappy draws — Lenarduzzi made the point the Whitecaps were probably fortunate to get positive results — on the road.

The two losses, to the Colorado Rapids and then on the road to the Galaxy last Saturday, were games that easily could've gone in favour of the Whitecaps. But lapses in both matches cost Vancouver.

"My feeling is that as long as we continue to evolve and become more consistent, the results will come," said Lenarduzzi.

"After the first six games, if someone said you'd be 2-2-2 after three home games and three away, you'd probably take it."

The lone win in Whitecaps franchise history against the Galaxy came last year at BC Place. A win Saturday would put an end to this current two-game losing streak.

"I just think being at home, I really feel confident in our team at home," said Beitashour.

Weise lifts Habs to Game 1 win over Bolts

Dale Weise celebrates his game-winning goal in overtime with Canadiens teammate P.K. Subban on Wednesday in Tampa, Fla. MIKE CARLSON/GETTY IMAGES

If Game 1 was a preview of what's to come, fans should grab their popcorn and settle in for the rest of the Montreal Canadiens' series against the Tampa Bay Lightning.

The teams combined for lots of mistakes, lots of goals and lots of hate on Wednesday night in an entertaining opener to the Atlantic Division semi-finals. Fourth-liner Dale Weise provided the last bit of drama with the overtime winner to give the Habs a 5-4 victory and a 1-0 lead in the series.

After Josh Gorges kept it in at the blue-line, Daniel Briere continued his career playoff heroics by feeding Weise for the goal 18:08 into overtime.

"I was surprised I was that wide open," said Weise.

Tomas Plekanec, Brian Gionta, Lars Eller and Thomas Vanek scored in regulation for Montreal.

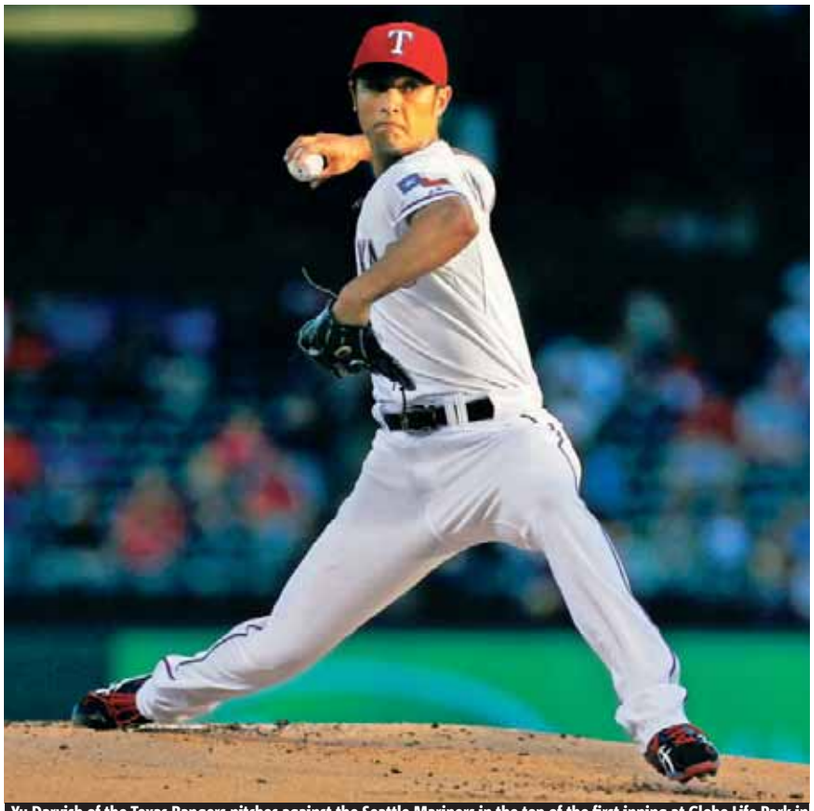
Habs goaltender Carey Price gave up four goals — one each by Nikita Kucherov and Alex Killorn and two by Steven Stamkos on 16 regulation shots. He stopped all nine he faced in overtime. THE CANADIAN PRESS

Other Game 1s

Penguins 4, Blue Jackets 3. Brandon Sutter scored on a wrist shot from the left circle 8:18 into the third period, helping Pittsburgh rally to beat a feisty Columbus team.

Ducks 4, Stars 3. Anaheim scored the game's first four goals and held off a spirited Dallas attack to draw first blood in the series.

4 SPORTS



Yu Darvish of the Texas Rangers pitches against the Seattle Mariners in the top of the first inning at Globe Life Park in Arlington, Texas on Wednesday. TOM PENNINGTON/GETTY IMAGES

Battle of aces ends with Rangers win over Mariners

Hernandez versus Darvish. Texas rallies for two in the ninth for 3-2 win

Leonys Martin had a game-winning RBI single in the ninth inning as the Texas Rangers scored two unearned runs in a two-out rally against Fernando Rodney, beating the Seattle Mariners 3-2 on Wednesday night in a game that started as a battle of aces.

Rodney (0-1) retired the first two in the ninth before Kevin Kouzmanoff's single that ricocheted off the glove of sliding shortstop Brad Miller and dribbled into the outfield. Mitch Moreland drew a walk before pinch-hitter Donnie Murphy's grounder was fielded by Miller, whose toss to second base was high. The error allowed Moreland to slide in safely and extended the game.

The tying run came home on a wild pitch by Rodney, who had converted his first three save chances this season. Martin's sharp single to left gave Texas its fourth victory in the final at-bat at home already this season.

Mariners ace Felix Hernandez struck out nine and had retired 10 in a row before Martin's leadoff triple in the eighth ended the big right-hander's night. Hernandez allowed four hits and one run, when Martin scored on a sacrifice fly against pinch-hitter Michael Choice, the first batter for reliever Charlie Furbush.

Duel

- This was the third head-to-head matchup of the star pitchers
- It was the first since 2012
- In that year, Yu Darvish came to the major leagues from Japan
- Hernandez won the first two, and has given up only two runs over 24 innings (0.75 ERA) in those three games.
- Darvish has a 6.75 ERA (13 earned runs over 17 1-3 innings) in games opposing King Felix.

NBA

Grizzlies take No.7 seed from Dallas

Mike Conley hit two free throws with 1.1 seconds left in overtime, and the Memphis Grizzlies grabbed the Western Conference's No. 7 seed away from Dallas by edging the Mavericks 106-105 on Wednesday night in the regular season finale.

Monta Ellis missed a 17-footer before Conley drew the foul driving to the basket. Dallas had one last shot, but Ellis missed from the top of the key. Memphis became the seventh team in the West with 50 wins this season. The Grizzlies, who set a franchise record with a 14th straight home win in a single season, will open the post-season Saturday at Oklahoma City.

Avoiding No. 1 seed San Antonio in the first round was the only thing on the line, and Memphis has lost 14 of its last 16 against the Spurs with the Mavericks losing nine straight. THE ASSOCIATED PRESS

25th
ANNIVERSARY HALF MARATHON
MAY 4TH, 2014 REGISTER : BMOVANMARATHON.CA
Stunning + Running.
Reward your training and celebrate spring at Canada's most scenic running event through 12 Vancouver neighbourhoods.
BMO
Vancouver Marathon
FULL | HALF | 8KM | 8KM TEEN CHALLENGE | KIDS
RUN VAN
VANCOUVER INTERNATIONAL MARATHON SOCIETY
Running Room
saucony
CTV

MAKE IT HAPPEN!
THERE IS STILL TIME TO REGISTER
START MAY 5TH ON CAMPUS AND MAY 12TH ONLINE
889 W. Pender Street
2nd Floor, Vancouver
Fashion | Graphic Design | Interior Design | Jewellery Design | 2D/3D Animation | Video Games | Administrative Assistant
604 683-2006
lasallecollegevancouver.com
LaSalle College
Vancouver
Canadian education
LCI EDUCATION NETWORK
MEMBER

Horoscopes

♈ Aries
March 21 - April 20
Something you said or did in the past may return to upset your plans today but there is nothing you can do about it so just go with the flow.

♉ Taurus
April 21 - May 21
You may like to give the impression that you are immune to criticism but it's not true and what someone says today will hurt you. Could it hurts because you know there might be truth in it?

♊ Gemini
May 22 - June 21
You have no time for people who think and act slowly but the planets warn you need to be a bit more lenient and forgiving today. Not everyone can operate at your level.

♋ Cancer
June 22 - July 23
It may be tempting to start something new today but you know you should be biding your time and conserving your energy. Once the Sun moves in your favour again on the 20th, you will know for certain what you should be doing.

♌ Leo
July 24 - Aug. 23
Someone in a position of authority is watching you and if they like what they see, you could be in for a promotion when the Sun moves into the career area of your chart during the weekend.

♍ Virgo
Aug. 24 - Sept. 23
If you promised to do something for a friend and you've had a change of heart, too bad! If you let even one person down today your rep for trustworthiness will head south.

♎ Libra
Sept. 24 - Oct. 23
It may be time to let people know that they can have no say in your future. Far too many friends and relatives seem to be telling you what you should do but each of them is wrong.

♏ Scorpio
Oct. 24 - Nov. 22
There is a battle of wills going on at the moment, either in your career or your social circle, and it's a battle you cannot afford to lose.

♐ Sagittarius
Nov. 23 - Dec. 21
If you own up to some sort of transgression today, it may surprise you how little others seem to care about it. Either it's not such a big deal after all or their own sins are many times worse. For you, it's a win.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that someone you work with has made a mistake and would like nothing better than to blame you for it. Don't let that happen! They're not the only ones who can point fingers.

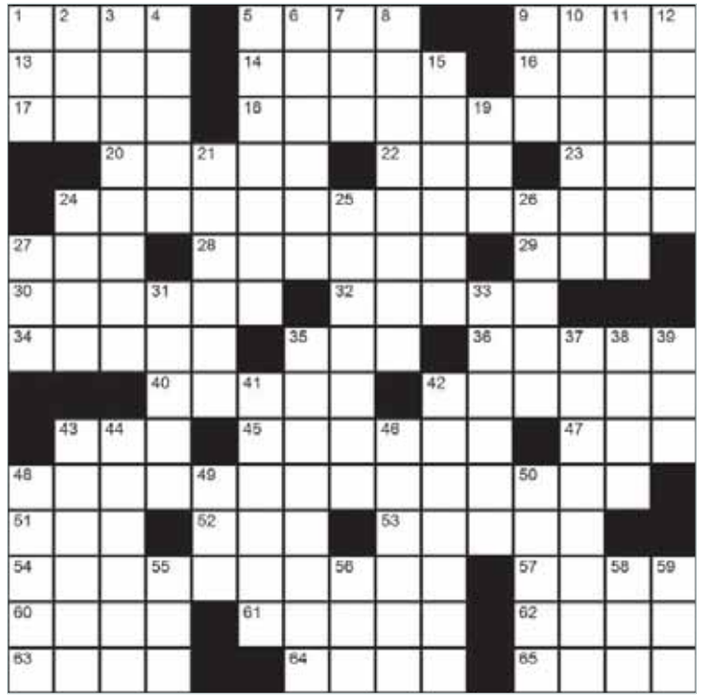
♒ Aquarius
Jan. 21 - Feb. 19
You seem reluctant to take chances at the moment and according to the planets you are right to hold back. A lot will change over the next four days, so wait a bit before making your next big move.

♓ Pisces
Feb. 20 - March 20
Try not to commit yourself to anything new over the next 24 hours. A range of possibilities will open up for you between now and the start of next week, so don't get snowed under by even more responsibilities. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

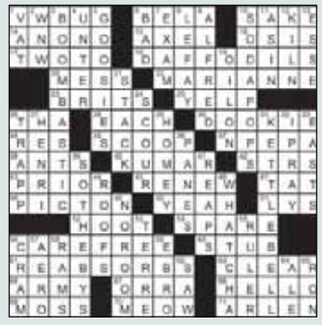
BY KELLY ANN BUCHANAN



Across
1. __ and terminer
5. Scatters seeds
9. Salon service
13. Buddy Holly hit: "__ On"
14. Creates a cardigan
16. Baseball's Mr. Boggs
17. Old UK airline in a Beatles tune
18. Space studier
20. "The ___ heard was..."
22. Stun
23. Perhaps
24. Canadian comedy series for Rocko, Cuddles, Bill and Buttons the Bear: 3 wds.
27. Farm field
28. Singer Ms. Franklin
29. Ques. partner
30. Records
32. Wretched
34. Awkward
35. Rent
36. Fast
40. South Pacific tourist destination
42. Beachwear style
43. Italian pronoun
45. Turkey's capital
47. Stock place, e.g.
48. Saskatchewan's rugged Western-movie-esque region near the American border: 3 wds.
51. __ Arbor, Michigan
52. My own, in Latin
53. Iron: German
54. Members of Cape Breton choir The Men of the Deeps: 2 wds.
57. Mythical Hun king
60. Prefix to 'phony' (Harsh noise)
61. Bug
62. French pronoun
63. Freshly
64. Quebec City 'streets'
65. 'Photosynth' suffix

Down
1. Royal symbol
2. Former-NBAer, __ Ming
3. Assess
4. Post-game analysis
5. Kurt Browning's colleagues
6. At the actual place
7. Stand-up's forte
8. Scarecrow's outfit part: 2 wds.
9. __-faced
10. Home design/build expert on "The Marilyn Denis Show", Mr. Khachi
11. Nonesuches
12. Ms. Streep
15. "Hey, I could care less.": 2 wds.
19. Retro's opposite
21. Enemy of ancient Athens
24. Actor Mr. Badgley
25. Like not-cleaned-very-well windows
26. Inuit craft
27. Hilo adornment
31. __ salts
33. Judicial happenings
35. Denizen of Ontario's 'Forest City'
37. Stuffed-into-olives items
38. Like stamp pads
39. Morse Code tap
41. Became successful: 2 wds.
42. Sears-then-simmers in cooking
43. Ancient Greece: Denizen of the island of the Labyrinth
44. Northwestern Ontario town
46. Disinclined
48. Berry
49. Un-sure sounding sound
50. Go away
55. Down
56. Montreal 'water'
58. Him: French
59. Chris Hadfield's post in 2013, for short

Yesterday's Crossword



Sudoku

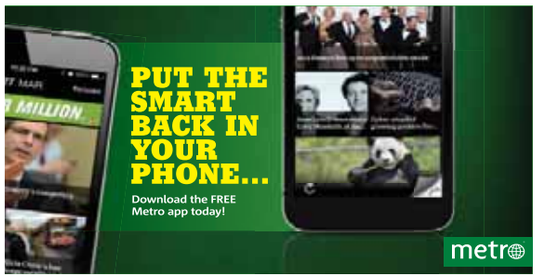
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3			9		
7		3		5			4	
8			4			5		
		5		6	2			1
	2						5	
9			1	4		7		
		1			8			2
	3			7		1		9
		4			6			

Yesterday's Sudoku

4	3	5	6	1	2	9	8	7
9	1	2	5	8	7	6	4	3
7	8	6	3	4	9	1	2	5
6	4	1	7	3	8	5	9	2
2	5	3	9	6	4	7	1	8
8	9	7	2	5	1	4	3	6
3	7	4	1	2	6	8	5	9
5	6	8	4	9	3	2	7	1
1	2	9	8	7	5	3	6	4

Today 11°/8° Rain 90%
Friday 12°/7° Showers 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data



Bazaar, Bash & Banquet!
A fabulous fundraiser in support of:
ASAN The Autistic Self-Advocacy Network!
THIS WEEKEND: Saturday April 19th
Art show, craft fair, concert, cocktails, appetizers & silent auction for charity
Bazaar: 9am-4:30, all ages: by donation
Bash: 7pm-Midnight, 19+: tickets $30
www.bazaarbashbanquet.com (778)878-2682
BUY TICKETS ONLINE NOW:
http://bit.ly/Of39K7

m2dental
HAPPY EASTER!
BOOK AN APPOINTMENT FOR A NEW SMILE TODAY!
604 685 9851
50-323 Jervis St
www.m2dental.com

Become an
Early Childhood Educator!
Work with children!
Hands-on training!
Practicums!
Upcoming start dates!
Call right now!
We are the largest trainer of
Early Childhood Educators
in British Columbia!
MTi
COMMUNITY COLLEGE
604-310-2684
www.mticc.com
6 convenient locations
Call right now!